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HINTS TO



HOUSEWIVES

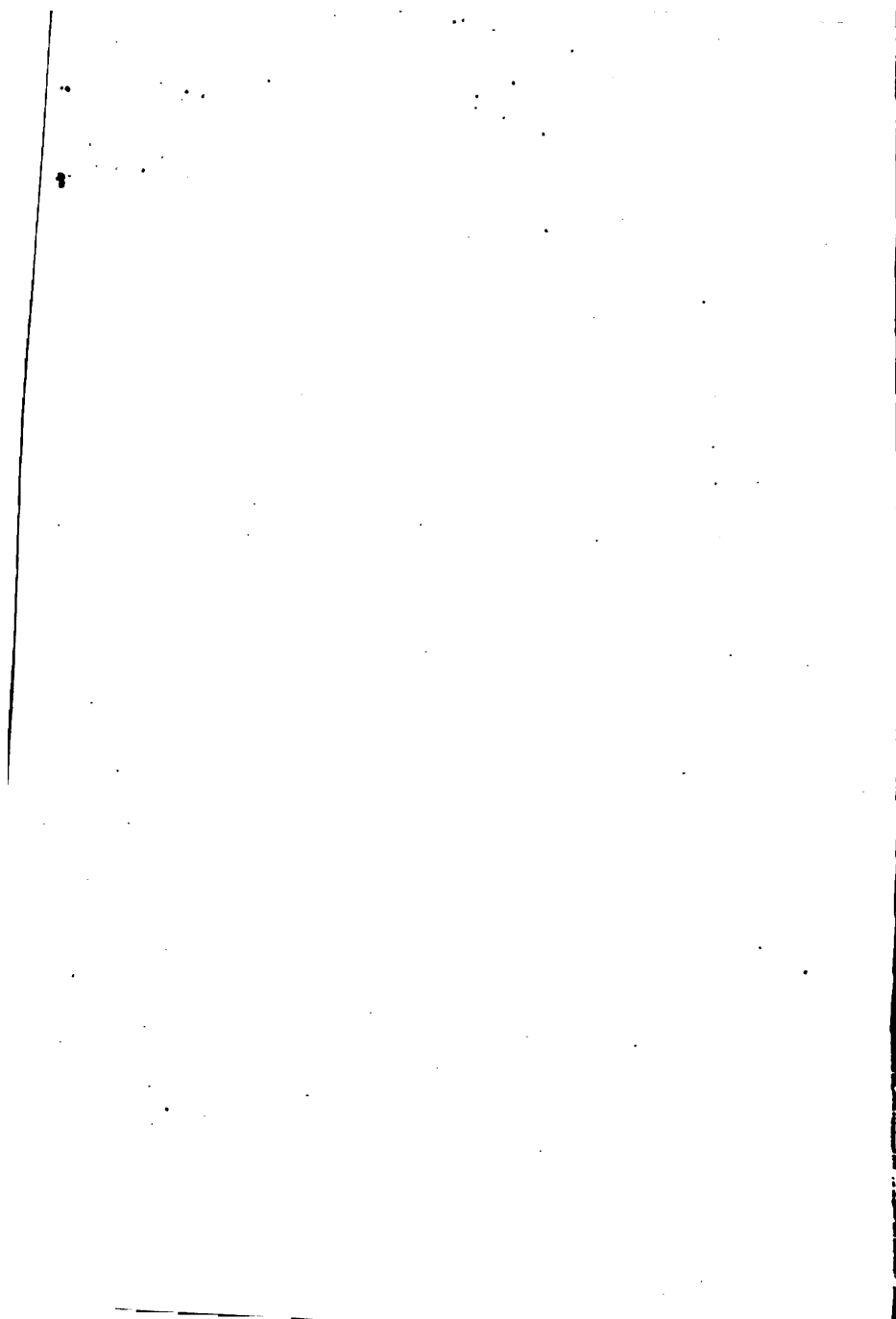


BY MRS. FREDERICK





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HINTS TO HOUSEWIVES.



HINTS TO HOUSEWIVES

ON SEVERAL POINTS, PARTICULARLY ON THE
PREPARATION OF ECONOMICAL
AND TASTEFUL DISHES.

By MRS. FREDERICK.



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R. CLAY, SONS, AND TAYLOR,
BREAD STREET HILL.

TO

My Mother,

TO WHOSE GOOD COUNSELS AND WISE TEACHING

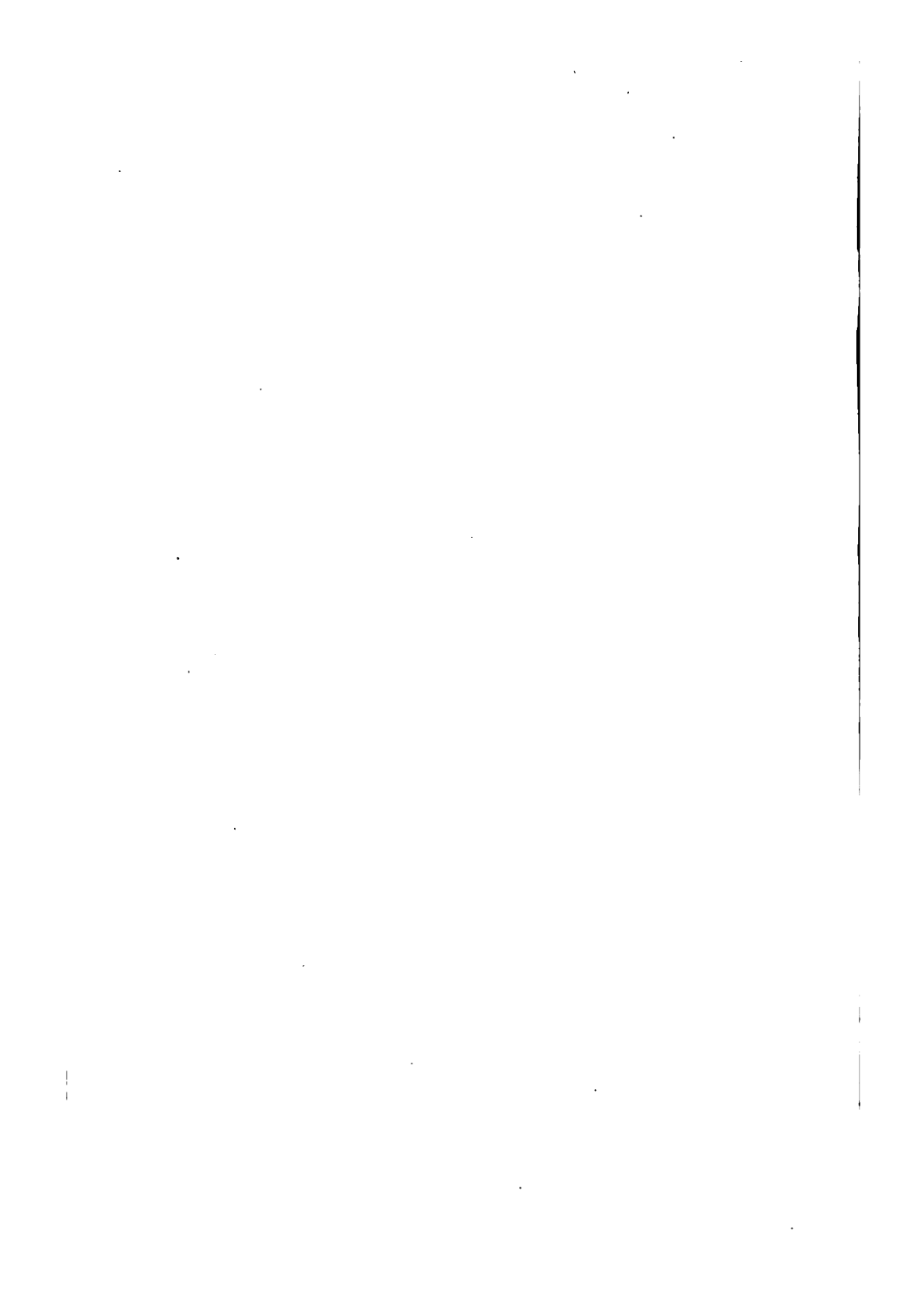
I OWE WHATEVER

IS OF VALUE IN THE FOLLOWING PAGES,

THIS LITTLE BOOK

IS

AFFECTIONATELY DEDICATED.



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HINTS TO HOUSEWIVES.

CHAPTER I.

GENERAL REMARKS.

IT is best perhaps to begin this little book by explaining what it hopes to do, or, to speak more correctly, what it does not aspire to be. It would be impossible within the limited space that we have allowed ourselves to give half the information that the reader has a right to look for in a systematic Cookery Book. It is our intention merely to offer certain suggestions which we believe will be of service to those who seek to make every-day meals at home particularly the dinner attractive, without adding to the ordinary household expenses.

Our book is not addressed to those who have to cook for themselves, nor to persons who can afford to keep a *chef*, but to the very large class of housekeepers who

though not poor are obliged to study economy, and who, while employing female cooks of the kind usually called "plain," are desirous of enjoying well prepared and tastefully arranged meals.

We have taken for granted throughout these pages that the reader is acquainted with what is commonly called "plain cooking," and has also some knowledge as to the effect of fire and heat upon food. No doubt the book will be found to contain much that is common knowledge to all, but if it in any way assists those who are anxious to do the best that can be done with what they have, it will have fulfilled its purpose.

We give a few rules for roasting, baking, marketing, &c., that may be useful to some, but an allowance must be made for circumstances; and such things as the state of the fire, the condition of the article to be cooked, and the season of the year, will always have to be taken into consideration.

Before beginning the more serious parts of this book, we should like to call attention to a few things that may be made to add greatly to the pleasure and comfort of the inmates of a home. The table linen, for instance, is one of the first things to be seen to. "A fair white cloth" can, we think, be made more attractive by the addition of a little colour. Some very pretty table-cloths with napkins to match, having red yellow or

blue borders, are to be had at a moderate cost. As the dinner-table often either lacks colour altogether, or else is a medley of colours with no one sufficiently emphasised to give relief, we think these may be satisfactorily employed, and with some jugs of coloured glass in harmony with the border, will help to make the table attractive without adding to its cost. Heavy linen sheeting fringed and knotted out to the depth of six inches makes very pretty tablecloths although it has no design on it, and they are not troublesome to make. Some simple design for marking the napkins either in white or coloured embroidery will be found to add much to the appearance of the linen.

We most urgently protest against the use of starch in washing table linen, however much it may be supposed to keep it clean : it only spoils the beauty of the linen, and makes it harsh to the touch and ungraceful to the eye. With starch, fringe is an impossibility.

A few flowers on the table will be acceptable to every one—of course the arrangement of them must be left to individual taste, as no rule can be given that would be of any real use, but if once used they will of themselves suggest new combinations and effects. The reader will perhaps think that we are suggesting anything but economy, and to dwellers in towns, it is true, flowers

are expensive luxuries, but the great enjoyment they give should induce us to forego something else for the sake of these sweet friends. It is perhaps as well to say that we think it a mistake to put too many kinds of flowers at a time upon the table. Two or three varieties at the most, of a similar growth and with their own foliage, will be found most effective.

We have many reasons to be thankful for the artistic revival that has unearthed numberless pretty and useful things once relegated to the lumber-room ; but we cannot help thinking those persons animated by a mistaken zeal who ask us to replace the modern four-pronged fork by the old-fashioned three-pronged instrument. We have nothing disrespectful to say of this once useful article, but inasmuch as it was superior to the fingers for eating purposes, we think the four-pronged fork superior to it and we strongly advise the young housekeeper to provide the more modern instrument. A struggle with a three-pronged fork and some tempting green peas is enough to spoil the best tempered man's appetite.

The only absolute rule we should like to see observed is in the matter of napkins. The old-fashioned idea, which still has its followers, that napkins are only necessary at dinner, is a strange one. Why one should need them less while eating a breakfast of bacon,

eggs and coffee, or a lunch of meat pie and ale, or a supper just as substantial, than at dinner, we are at a loss to understand. We hope that the small extra expense of washing a few napkins to be used at all meals will not prevent housekeepers, however economical, from providing these very necessary articles of cleanliness and comfort.

A written bill of fare, one for every two persons, should always be provided even for the simplest dinner. To prepare them only occupies a few moments of each day, and adds greatly to the comfort of the guests.

A few words as to the order of serving dishes at dinner may not be inappropriate. In theory a French dinner consists of two courses, the second of which begins with the roast. It may be tabulated as follows :—

FIRST COURSE.

Soup,

Removes, including Fish and
Joint,

Entrées.

SECOND COURSE.

Roast, generally game or fowl, but sometimes fish.

Entremets, including Salad,
Vegetables,
Sweets.

It is a common practice in England to serve what are usually known as *entrées* immediately after the fish, following them by the joint, which is again followed by the roast. The mistake of this is that the vigorous appetite necessary for an attack on a large and solid joint is apt to be expended on the *entrées*. The hungry diner should be allowed to begin upon the joint at once; it is when the "edge is taken off his appetite," that he will be able to appreciate the delicacy and flavour of the smaller dishes. It is a question whether the more delicate kinds of fish should not be relegated to a later place in the repast, and it is perfectly legitimate, though not very usual, to serve fish as a roast, in which case it would, of course, not appear during the first course. It will be understood that the word *Roast* in this connection is applicable to what has been fried or baked as well as roasted.

For a simple dinner the following would not be bad.

{ Soup,
 Joint,
 One *entrée*.

{ Roast. (Fish)
 Two *entremets*, viz. Vegetables,
 Sweets.

Both *entrées* and *entremets* include many kinds of dishes. There are *entrées* of butcher's meat, *entrées* of game, of fowl, of pastry (such as oyster patties or *vol-au-vent*) and of fish;—and *entremets* of vegetables, of eggs, of pastry, and *entremets sucrés* which include creams, jellies, and puddings.

Having eaten our dinner from soup to sweets and tasted a morsel of cheese—for a dinner without cheese, as Brillat-Savarin says, is like a woman with one eye—we are ready to enjoy our fruit. This we shall do much more satisfactorily if it now appears for the first time, instead of having stood before us on the table for the last hour until all inclination for so stale a thing has disappeared. We cannot help thinking that the habit of having the fruit on the table throughout the whole meal may have something to do with the indifference so often exhibited to this part of the repast.

It is better to have some really nice fruit, if only of one or perhaps two kinds, than the variety of odds and ends that we often see appearing and reappearing for many days. To be sure, fruit in the winter is for the most part beyond the capabilities of the economical housekeeper's purse; but a few apples and oranges or white grapes are to be had for a trifle, and if put in a pretty napkin on an equally pretty dish are a great addition to a simple dinner.

No matter how plain the dinner, finger-glasses are as absolutely indispensable as napkins. We should like to have them used at every meal, and we think that at breakfast particularly, two or three placed on the sideboard will be found very convenient. We think there is no need for changing the wineglasses at dessert, except when finer wines than have been drunk during dinner are served. When wines of the same quality are used from first to last there is no meaning in the habit.

The custom of serving coffee apart from the dinner, to the ladies in the drawing-room and the gentlemen in the dining-room, always seems to us a mistake, except in the case of a large party. In the family life this period of the dinner, when men and women are together, and each one has proved unwittingly the truth of the old saying as to the best time for preferring a request, is often the most enjoyable part of the meal, and the few moments of familiar chat over the coffee should not willingly be given up. This is particularly the case if the women take an intelligent interest in what is going on in the world, and are able to enter into and enjoy the talk of their male companions, which is apt to be more interesting at this time than when their attention is occupied in satisfying the pangs of hunger.

This seems a proper place for a few words about coffee. One would suppose that such a common drink would be always well made, as it has to be done in every house, at least once a day, but alas, how different is our experience! The muddy stuff, full of grounds, offered to us, even in houses where everything else is well done, is a daily disappointment.

People try all sorts of coffee, all kinds of coffee-pots, and yet the result is anything but satisfactory. We think we can help a little in this matter, and hope any one who will follow these simple directions will be able to provide with very little trouble that, at present, rare luxury, a good cup of coffee. To every two pounds of good ground Mocha coffee, add half-a-pound of chicory. Use the old black tin French coffee-pot, called in England the Percolator, to be had in any house-furnishing ironmonger's shop. Mix the white and shell of one egg with three tablespoonfuls of the ground coffee and chicory, add one pint of water and let it come to the boil, but remember *never to let it boil*; if not strong enough, pour out the coffee, and put it in at the top over the grounds, let it heat up again and it will be ready. Pour it into the coffee-pot or urn that goes to the table and serve at once. An urn that has a spirit-lamp is the best. Provide a quart or two

of milk and some cream, have them both steaming hot, and now if you do not get a good cup of coffee, it will be the fault of the person who serves it at the table. Fill the cup three-quarters full of milk, add the coffee to the taste of the person for whom it is being poured out, weaken with milk, but *never* weaken with water, this spoils the coffee at once. An objection may be made to the quantity of milk used ; the only answer is if you want a good cup of coffee, milk is indispensable and strong coffee a necessity. The difference in result is well worth the difference in expense. For black coffee twice the amount of water or more is used, as it does not require to be more than half as strong, as for *café au lait*.

For all housekeepers of moderate means it is advisable never to go to the confectioner's for *entrées* ; they bear on their faces what they are, and no one really cares for them, half cold and utterly tasteless as they generally are. It is an expense that may be well done away with, to the comfort of the guest as well as to the advantage of the household purse. We plead for a good dinner, but let it be simple, well cooked and hot. For jellies, Charlotte Russe or Blanc Mange, good confectioners may be trusted, but they are expensive, and some simple well made sweets are quite as acceptable

and less pretentious. More simplicity would make us more hospitable and a dinner-party would cease to be the "thing of terror," it now too often is to timid housekeepers, who have a keen sense of the inroad it makes upon their slender purses.

CHAPTER II.

SOUPS.

THE fault one has to find with the soups usually served at every-day dinners is that they are too heavy, and contain too many ingredients. The average English cook seems to think that there cannot be too many good things put into a soup, and so uses up all her resources on one, making the others mere repetitions, more or less alike, as may happen.

Many families regard soup as a luxury not to be indulged in every day, as the cook generally requires gravy-beef at a shilling a pound to begin with. If we can persuade our cook to keep certain herbs, certain vegetables, and particular stocks for special soups, we can get a great variety with but a slender stock of materials. From the peasant's soup made with a bit of salt pork and those vegetables she has gathered in her apron, to the most elaborate preparations of Carême, Dubois, or Gouffé, there is an immense range.

Our wish is to give some really good soups without asking our readers to follow any such recipe for the stock-pot as this (given we believe by Gouffé):—Four pounds of veal, two of gravy beef, two fowls, and eight pounds of beef. This doubtless makes good stock, but would hardly do for those who study economy.

If the dinner is to be simple, the soup may be rather heavy and rich; if a more elaborate dinner follows, a thin soup is preferable. The stock-pot can be kept well supplied without buying any soup-meat, if care is taken to make use of all scraps, trimmings, and bones. Not the smallest piece in the way of flesh or fowl should ever be thrown away; all must help towards the soup. It is a good plan to keep a deep pot on the back of the stove to receive scraps of meat, fowl, or game, and the liquor from this should be emptied into the stock-pot every day.

The following is a simple contrivance for getting the stock clear of fat. Pour the stock from the pot on the fire into another pot which has a tap near the bottom, and when it is nearly cool and the fat has all risen to the top, draw off the stock, which will be perfectly clear, and can then be put aside for future use. • The fat that is left may be used for dripping.

The stock for white soup should be made from mutton, veal, or fowl, but this will do equally well

for brown soups if coloured with pastilles de légumes. The water in which meat has been boiled should always be saved, for when all the fat has been removed excellent soups can be made from it, such as *Croûte au Pot* from boiled beef, cream soup from mutton, and pea soup from ham that is not too much smoked.

If the stock has been darkened or made cloudy by rapid boiling it can be cleared by adding the white of one egg and its shell. Mix the egg with a little cold water and a little of the stock, add it to the stock, stirring it in quickly until the whole boils; remove it to the back of the fire where it cannot boil, and let it stand until the egg has gathered the particles which cloud the stock. Strain it once or twice through a cloth until it is clear.

Asparagus Soup.—Take about two dozen stalks of asparagus, boil them with a little parsley and spring onion in enough water to cover them; when tender, remove the asparagus, separating it from the onion and parsley; save the water in which they were boiled, cut into small pieces all that is tender of each stalk and pound in a mortar until quite like a thick cream. Take some flour, butter, and a little white sugar, making it smooth by mixing it and passing over the fire for a few moments, put in the pounded asparagus, add some of the water in which it was boiled, let it boil

up for a few minutes, then strain into the pan that holds the rest of the liquor. Mix the yolk of one egg with half a tumbler of cream, a little butter and a pinch of grated nutmeg, stir it into the hot soup and serve with Condé crusts. One or two stalks reserved and cut into tiny pieces and allowed to float on the top of the soup look well and are no trouble. It will be noticed there is no stock used in this soup, which is an advantage in summer when, without an ice box, it is very difficult to keep stock fresh. It also has the advantage of being quickly made without previous preparation.

Bean-soup or *Purée d'Haricot* may serve as a guide for almost all the other purées, by which are meant simply thick soups from which all substances too large to be pressed through a sieve have been removed. Soak the beans over night in plenty of warm water. When wanted, put them into a pot with cold water, a carrot, onion or leek, a faggot of sweet herbs, and salt; cook until they are perfectly tender. Take out the carrot and herbs, drain the beans, but not too dry, pound them in a mortar and pass through a hair sieve; add a good sized piece of butter, mix all well together, and add stock (of mutton or veal), or if you have no stock, milk or the water they were boiled in, sufficient to make of proper thickness, which must be

according to taste. The excellence of this soup depends upon the way in which it is done and the care bestowed upon it. The cook often spoils it for want of straining—of which she is not over fond; witness the lumpy potatoes and stringy spinach we frequently have to endure.

Consommé is one of the most delightful and refreshing of soups; but one may well be frightened from attempting it after reading the numerous and elaborate recipes given for it in the French cookery books. The following recipe we find very good and it has the merit of being simple, it also can be varied by putting in rice at one time, *pâtées d'Italie*, crust of bread, and vegetables, separately at others, thus getting many soups from one foundation. As this soup should be quite clear, it must be strained more than once; if this does not clear it, use the egg as directed when making stock.

Heat in a soup-kettle two quarts of clear stock made with a good proportion of beef and some fowl, season it to taste with salt and fine white pepper. If of too pale a tint, colour with a piece of *pastilles de légumes*. Poached eggs, one for each plate, are a good addition.

Bonne Femme is a simple soup and is a decided change from the last. Take a pound of sorrel, cut it into small pieces, put it into a stewpan and stir it on the fire with half a pound of butter, a little salt and

a little flour ; then add two quarts or more of some stock in which there is a good deal of fowl or the water in which a fowl has been boiled, and let it *simmer gently* for half-an-hour. Mix the yolks of four eggs with a tumblerful of cream and add to the soup, finish with a little butter and serve with Condé crusts. If you have no cream, or think it too extravagant, increase the quantity of flour and butter, and use milk.

An economical as well as substantial broth can be made without any stock ; this we owe to our Scotch friends. Put some barley to soak over night, wash it well in fresh water, cut into pieces two Swedish turnips (now food for the cattle), one carrot, four onions, and three or four stalks of celery ; if you have no celery, use celery seed. Put these into two quarts of boiling water, season with salt and pepper and as much cayenne as you can take up on the point of the blade of a pen-knife. Boil *slowly* for two hours and then stir in a little less than a quarter of a pound of oatmeal mixed to a smooth batter with some cold water ; see if it is sufficiently seasoned, and add a *very little* grated nutmeg, and boil half-an-hour. Serve with fried crusts. This is a very heavy soup and should only be served when a light dinner is to follow.

Cream Soup is nice, and easily made. Take a quart

of good stock (mutton or veal), cut an onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace, boil gently for an hour, then strain out the onion and mace ; the potatoes should by this time have dissolved in the stock. Add one pint of milk, mixed with a very little corn flour to make it about as thick as cream. A finish of butter improves it. Chopped parsley should be added just before serving. This soup may be made with milk instead of stock if a little cream is used.

Kidney Soup.—This can be made from ox kidneys, though of course sheep's are the best, not being so strongly flavoured. The soup is rich, tasty, and economical. Cut four sheep's kidneys into small pieces, put them into a stewpan with some warm water and let them simmer for twenty minutes. Put on the fire a quart of stock, or as much as you require for the quantity of soup ; after it has come to the boil put in the kidneys with a little pepper and salt and the water in which they were boiled ; take out a little of the stock and to this add some browned flour and butter, and mix until quite smooth ; add this to the soup, and if not of a dark rich colour use a little of the pastille. You must be careful that the flour is not burnt in browning, or it will give the soup a disagreeable flavour.

When made from ox kidneys one is sufficient, and

this should be boiled twice in fresh water; the first to be thrown away.

Mushroom Soup is equally tasty, but is a thin light soup, and will be found very delicious by those who are fond of this most agreeable growth of all the fungi. The stock should be very clear; if very rich, thin with water, season with pepper and salt to taste. Take one half tin of the French mushrooms, cut them into small pieces and add them to the stock. If the soup is very light-coloured add a little of the pastille.

Julienne.—Put a quart of stock on the fire, season with onion, pepper, and salt, add a little wood sorrel, let it boil until the sorrel is boiled quite away, strain the soup, add half a pint of water, and into it put some boiled carrots, turnips, and celery cut into fine long shreds; this is indispensable, all the vegetables should be cut in long shreds and all good *Julienne* must have the sorrel. If it cannot be procured a small teaspoonful of vinegar may be used.

Paysanne is much the same kind of soup, but the vegetables should be chopped fine, instead of being cut into shreds, the onions being fried before they are put in. The onions will colour it enough, so no pastille is required. This same soup with all the vegetables boiled in it for an hour and then strained out is very nice if

served with thick pieces of toast put into it just before sending in, one piece to each plate.

Vegetable Soup.—Put on the fire three pints of stock, or, if very rich, one quart with a pint of water. Into this slice four or five potatoes; put in some chopped carrot, celery seed, some fried onions, and some tomatoes; a little chopped cabbage improves it. Salt and pepper to taste, and add one teaspoonful of Worcestershire sauce. It ought to simmer for an hour and a half, and be quite thick when served. This soup is generally spoiled by putting in too many things, cooks often adding in addition to the above, barley sage okra and a dozen other things.

Parmentier Soup is simply a potato soup. Make a purée of one pound of potatoes, and mix it with one quart of boiling broth, seasoning with salt and white pepper. Boil it five minutes, being careful to remove any scum that may rise; add a tumbler of milk, or better still, cream. Beat one egg until it is quite smooth and free from air bubbles, and with some fried crusts of bread cut into dice and some finely chopped parsley, place in the soup tureen; pour the hot soup upon them, stirring it quickly to mix them well, and serve at once.

Palestine Soup.—Peel and slice about two pounds of Jerusalem artichokes and two onions. Let these

simmer in a stewpan for half an hour with some butter, a quart of veal or mutton stock, salt, pepper, a little sugar, and a very little nutmeg; pass it through a sieve, put it in the stewpan again; add a half pint of milk or cream mixed with a teaspoonful of flour, and heat the whole; serve with fried crusts or grated Parmesan cheese.

Pea Soup.—Prepare as for the Purée. If it is made of canned peas and the colour is not good, a leaf of spinach will green it nicely. A nice green pea soup can be made in this way from the dried split peas, and not one person in twenty could detect that it was not made from fresh peas. If you want simply a white pea soup use the split peas without greening them, and have some flavour of ham in the stock. With this soup serve Condé crusts. If you find difficulty in making it quite smooth and getting the peas to mix with the stock, add a salt-spoonful of corn flour.

Spinach Soup.—Put two pounds of spinach into a large pot with boiling water and two tablespoonfuls of salt; keep covered until it boils, then remove the cover. With a wooden spoon press the spinach under the water as fast as it rises to the top: boil it until tender. Drain it well and let cold water run over it while in the cullender; chop it fine and pass it through a sieve. Heat two quarts of milk, add the spinach

to it, season well, adding a very little nutmeg; let it boil up once, and serve with crusts.

Tomato Soup.—Strain and pass through a hair sieve fine enough not to allow the seeds to go through, one quart of canned or freshly boiled tomatoes, add these to a quart of good stock. Slice into it three good-sized potatoes, with three onions that have been chopped and fried brown. Let all simmer for an hour, then strain before serving.

Mullagatawny Soup. No. 1.—Prepare a fowl as for fricassee (an old fowl requires more boiling than a young one), put it into two quarts of water, add two sliced apples, four onions which have been fried to a nice brown in some butter or dripping, and one whole raw onion stuck with two cloves. Let these boil for an hour, then add a dessert-spoonful of curry powder mixed with some rice flour, and a little of the soup, stir it into the fowl broth and let all simmer until the soup is thick as cream. Flavour with the juice of one lemon, strain it to clear it of the fowl and onions, and then serve with plenty of well boiled rice on a separate dish. You can make a nice dish of the owl and onions for the next day's lunch.

Mullagatawny Soup. No. 2.—This can be made either from mutton stock or chicken, the first is best, the same recipe to be followed in each case. Boil gently

a neck or half a leg of mutton until the meat is tender, removing all the fat and scum that rises to the surface during its boiling, then take out the meat, setting it aside to be used for another dish. Add to the stock a teaspoonful of curry powder, some pepper and salt, and stew well for half an hour. Now cut some of the mutton into small pieces, fry them with some onions until brown, then drain off the fat and add them to the soup, allowing all to simmer for another half hour. Strain, and then add a cup of cream or milk. Before serving, squeeze in the juice of half a lemon, cutting the other half in thin slices to float on the top. Plenty of rice to be served on a separate dish.

Bisque d'Ecrevisse.—A good imitation of this soup is made from prawns. Boil three dozen prawns for twenty minutes in some salt and water, take them out when red, and add to the water some chopped carrot, pork, onions, pepper, salt, and a faggot of sweet herbs, the three first mentioned articles having been previously fried in butter. Shell the prawns, adding half the meat to the soup, and let all simmer for an hour. Put all the red shells into a mortar with a little butter; pound them to a smooth paste. Now strain out the vegetables and pork, and to the liquor add a pinch of cayenne, one quart of milk, a little corn flour and the pounded shells; let this

get about as thick as cream and strain through a sieve ; add the rest of the meat cut into small pieces, and serve after heating up. If the soup is not red enough, colour it with a little cochineal.

Mock Turtle Soup.—Split a calf's head and take out the brains and tongue, which may serve for other dishes. Put the head on the fire with five quarts of water, and let it boil until the meat leaves the bones. Take the meat all off, putting back the bones into the same water, add one or two pounds of shin of beef, two carrots, two turnips, an onion, some celery tops, and a faggot of sweet herbs, let it simmer slowly for four or five hours, skimming it carefully, then strain and set away. The day the soup is wanted, chop and fry two onions with butter, adding three tablespoonfuls of flour, and stir until it is a rich brown, then add the stock, with six peppercorns, four cloves, a little allspice, and two or three strips of lemon peel pared thin, without any of the white. Let it simmer for an hour and strain through a fine sieve. Before serving add some of the head cut in small slices. When it is in the tureen add lemon juice and sherry to taste. This is not so expensive a soup as at first appears, as so many other dishes can be made from the parts left.

CHAPTER III.

FISH.

FISH is usually served after the soup, but when it is of a delicate kind, such as red mullet, smelts, early salmon, or brook trout, it does well as the French often serve it, in the place of the roast. When taking this place in the dinner it requires more careful and elaborate cooking than is usually bestowed upon the finny tribe. At all times care should be taken to make a careful selection of the kind of sauce to be served with each particular fish; we frequently see lobster, shrimp, or oyster sauce made in some floury manner, used without the slightest thought as to how well it serves to go with the fish it accompanies, and these things, excellent in themselves, are often so indiscriminately used that all good effect is lost.

Broiled Filet of Salmon.—Tartare sauce. Cut the salmon into slices about one and a half inches thick, rub with salt and dip in salad oil, broil the slices for a

few minutes only over a clear fire, taking care they do not burn, pepper a little and put them on a piece of white paper on the dish garnished with slices of lemon and sprigs of parsley. Make a nice tartare sauce (see page 90) and put this on a separate dish to be passed round when the salmon is served.

Fresh Herrings à la Portuguese.—Make a tomato sauce by using one can of tomatoes, half a cupful of good stock, some chopped onion, pepper and salt; let this stew gently for three quarters of an hour, or until it thickens. Cut off heads, tails and fins of the herrings, split them and broil with butter, pepper and salt, when done put over them pieces of maitre d'hôtel butter (see page 114). Place them on the dish, pouring the tomatoes around them, and garnish with parsley.

Red Herring.—Soak them in milk for some hours, then wipe them dry. Put them in some salad oil with some chopped parsley, cooked mushroom, and a shalot, pepper and salt. After letting them lie in this for a couple of hours, take them out, roll them in bread crumbs, and grill them. Drain off the oil from the shalot, mushrooms, &c., and place a little of the mixture on each fish; serve with bread and butter.

Fresh Brook Trout are often boiled; they are however quite as good broiled. Split them down the back,

rub with a little salt and oil, and broil the inside first ; when done, put on the dish and spread over them a little maître d'hôtel butter ; serve with Geneva sauce (page 89) poured over them.

Bloaters grilled and served with maître d'hôtel butter over them are very nice. They should always have the skin taken off before broiling.

Smelts.—Dip them first in flour, shake off all that does not adhere closely, dip them into some egg and then roll in bread crumbs ; fry in boiling lard or beef fat and serve with *fried* parsley and slices of lemon. We should always advise Tartare sauce to be served with these smelts as it is a great improvement, and also suggest that the small smelts be used, as they are much sweeter and more delicate than when they are large.

Red Mullet.—Make paper boats or cradles, one for each mullet ; into each of these put butter, white wine, minced shalot, pepper and salt. Remove the liver which the fishmonger should send inside each fish, put the fish in the cradle, each with its liver by its side, place on each a good sized piece of butter, and bake in a shallow pan in the oven. When done, send to the table still in their paper cases, but first sprinkle over with chopped parsley and a squeeze of lemon juice ; in all cases see that the liver is cooked with red mullet, as it is the one choice bit of the fish.

Whitebait.—First thoroughly flour them, but shake off all the flour that does not adhere closely. Have ready some smoking beef fat or lard; put the fish in a wire basket and suspend in the boiling fat until they grow crisp and white, but not long enough to brown them; take out and sprinkle with dry salt and a little cayenne. Serve with brown bread and butter cut in thin slices.

Filet of Sole au gratin.—Cut the sole into small fillets, skin them, season them with pepper and salt, put them on a buttered dish, one nice enough to send to the table, cover them thickly with bread crumbs and a little grated cheese (Parmesan is the best but any other dry cheese will do), wet with a little good stock, put bits of butter over the top, brown them evenly and nicely in a quick oven, and send to the table just as they come from the oven. Whiting or any other solid fish may be cooked in the same way.

Sole au Vin Blanc.—Put the sole, after it has been trimmed, into a fish pan, and with it some slices of onion, a faggot of sweet herbs, a couple of cloves, some peppercorns and salt. Spread some butter over the sole and pour in enough French white wine to cover it. Let it boil for ten to twenty minutes according to size of fish. Keep it covered while it is boiling. When it is done remove the fish, keep it hot while making

the sauce. Strain the liquor, return it to the pan and add the yolks of one or two eggs according to the quantity of liquor, only do not put too much egg, only enough to thicken the sauce is required. Put in a little chopped parsley, pour the sauce over the fish when thoroughly hot and serve at once. When a fish is rather devoid of flavour, and it is to be simply boiled, rubbing it over with vinegar and putting in a faggot of sweet herbs greatly improves it.

Filet of Sole aux Tomates.—After the sole is trimmed and cut into fillets, dip the fillets in flour, and then in egg and bread crumbs. Fry a rich brown. Make a tomato sauce (see page 85), and pour it over the fish ; the sauce should be thick and smooth.

Turbot en Coquilles.—Turbot that has been left from the day before will do quite as well for this dish as fresh turbot. If fresh, boil until tender in salt and water, let it get cold, then remove the meat from the bone, shredding it finely. Procure a dozen scallop shells and put a tablespoonful of the fish in each ; have ready some cream sauce, pour enough into each shell to cover the fish, spread over the top some grated cheese and bread crumbs, and finish with small pieces of butter. Bake in a quick oven until a nice golden brown ; serve at once. Sole or plaice can also be cooked in this way.

CHAPTER IV.

JOINTS.

WHAT can one want better than a juicy roast of beef, a savoury saddle of mutton, or a tender quarter of lamb—well cooked? and who knows better how that should be done than the English? Here the French can teach us nothing, for in its simplicity consists its merits, and such simplicity the French cooks are prone to spoil by the addition of some gravy or sauce that takes the true flavour of the meat away. With a poor piece of meat they will produce a better result than we can, but provided the joint is a good one, an English kitchen sends it forth in its true colours.

It is almost unnecessary then, to say much about this part of the dinner, save to remind the cook that constant and careful bastings are needful, if she would keep up the reputation of her country.

The French say "one cannot have good meats without rich gravies," but the gravies we too often see sent in with joints are not of a nature to enrich anything. Avoid these floury abominations, and let the juice from the meat be sufficient, supplemented by a gravy made as follows. Pour off most of the fat left in the pan after the joint has been removed, add about half a pint of rich stock, put it upon the fire, stirring it all the time, add a little salt, and if not of a rich colour, a little of the *pastilles de légumes*. Do not salt your meat until you have poured off the dripping that you intend to use for tarts, puddings, or for frying, as it is far better without salt. You may dredge a little flour over it, and it should be of a golden brown, no part blackened or scorched. Some cooks put a piece of buttered or oiled paper over it while cooking.

It is far better to roast your meat before an open fire; but most of us have to be content with baked meats. Fortunate are those who can follow the good old-fashioned habit, and let them keep to it, with other nice things that have not yet left us; such as the fresh young *sucking pig*, eulogised by Charles Lamb, and enjoyed by all who like pork in its most delicate form. Make a stuffing by chopping four large onions, adding some sage leaves also chopped. Scald them, drain them, put them in a stewpan with bread crumbs,

butter, pepper and salt, and cook for ten or fifteen minutes. Stuff the pig, sew it up and roast. Baste it frequently and well, with a brush dipped in oil, or cover it well with bacon dripping. Serve with a good brown gravy and apple sauce. Those who use an open fire can have this dish in perfection.

Leg of Mutton.—Here is one way of roasting mutton, that may be liked as a change from the simpler method. Place in a large kettle some slices of bacon, ham and beef, or mutton, if you have them, two carrots, four onions, a head of celery, two leeks, chopped fine, a faggot of sweet herbs—a large one, three cloves, salt, cayenne pepper, and allspice, and a quart of good stock or gravy. Put the mutton on this and let all *simmer gently* for six hours. When done, place the mutton on a dish, strain out the vegetables from the gravy, colour with a little pastille if not brown enough, and pour over the meat ; serve hot.

CHAPTER V.

ENTRÉES.

UNDER this head are really the most economical, although the most troublesome dishes, for from the remains of an ordinary meat dinner can be made a tempting luncheon or some inviting entrée. Here is one that requires care, but is worth all the attention bestowed upon it.

Kromeskeys.—Cut one pound of cold meat in small pieces, chop one onion and fry it a pale yellow in butter, add a little flour and stir until smooth, add half a pint of good stock or brown gravy, two table-spoonfuls of chopped parsley, salt, white pepper, a little of the powdered herbs and a very little cayenne, two ounces of chopped mushrooms that have been warmed in a little butter, and a teaspoonful of lemon juice; now add the minced meat, stir until scalding hot, add the yolk of one raw egg, cook for two minutes, stirring all the time, and spread out to cool on

a buttered dish. Make a batter, add a little pepper and grated nutmeg and one tablespoonful of salad oil. The batter should be thick, and it is better to beat the whites of the eggs separately, adding them to the batter when quite stiff. Heat the dish containing the meat, turn it out on the board just dusted with flour, cut it into strips about an inch and two inches long, roll them lightly under the hand in the shape of corks, dip them in the batter, and fry them a golden brown in smoking hot fat. Serve on a folded napkin.

Fillet of Veal with Mushrooms.—Put two pounds of veal cutlet into enough cold water to cover it, with some salt, pepper and a bouquet of sweet herbs and a small onion stuck with three cloves; let it simmer and cook gently for forty minutes or until it is tender, skimming it carefully as the scum rises. Then drain it, returning the broth to the pan and washing the meat in cold water. Cut the meat into square or round shaped pieces of the same size; meantime make a white sauce, by stirring over the fire until smooth, one ounce of butter and one of flour, adding a half pint of milk and the broth gradually; add half a can of mushrooms, and when it has all boiled up well, stir into it the yolks of two raw eggs, put in the meat, and cook it for five minutes, then drain

off the gravy; have ready some nicely-toasted bread the same shape as the meat, and arrange the toast, veal, and mushroom alternately round the dish, pouring over all the gravy, and garnish with slices of lemon and parsley.

Kidneys and Spinach.—Split eight kidneys lengthwise, skin them, lay them for half an hour in salad oil, spiced vinegar, and salt and pepper, turn them frequently, roll them in bread crumbs, lay them on a greased gridiron, and having broiled them, the inside first, place on a hot dish with a piece of maitre d'hôtel butter in each. Have ready some spinach prepared according to the receipt given for épinard au jus (page 63) and put it all round and under the kidneys, and serve hot. A little gravy made from some good stock and poured over at the last moment is an improvement.

Fried Brains and Tomato Sauce.—Lay the calf's brains in salt and water for an hour or so, remove the skin without breaking the brains, put them over the fire with enough water and a little vinegar to cover them, two bay leaves, a sprig of parsley and an onion stuck with three cloves; bring them to the boil and simmer gently for ten minutes; take them out carefully and lay them in salt and water to cool. When quite cold, cut each in two pieces, roll in bread crumbs,

then in egg, then again in bread crumbs, and fry them in smoking hot fat. When they are a golden brown, lay them on a clean cloth to absorb the fat and then arrange on the dish, pouring the tomato sauce, made after receipt given (see page 85), in the middle.

Calf's Liver Larded.—First carefully lard the liver by passing strips of larding pork, which is firm white fat pork cut two inches long and a quarter of an inch square, in rows along the surface of the liver, placing the strips of pork in the split end of a larding needle, and with it, taking a stitch about a quarter of an inch deep and one inch long in the surface of the liver, leaving the ends of the pork projecting equally. The rows must be inserted regularly until the surface is covered. Lay the liver in a pan on some chopped carrot, onions, some salt pork sliced, salt and pepper, a faggot of sweet herbs and two or three cloves; some gravy or good stock is poured over it, and it is cooked in a moderate oven for about an hour, until thoroughly done. Take out the liver, put it on the dish, have ready some good gravy or stock, and stir it among the vegetables, dredging in a little flour, and heat over the fire, then pour the whole over the liver. This is an economical dish and is really a very nice and

savoury one. It requires to be served hot, and for an ordinary dinner is quite good enough to take the place of the joint.

Spanish Fried Fowl is a very nice change from either boiled or roasted fowls. Cut a good sized fowl as for a fricassee, sprinkle the pieces with salt and a *little* cayenne. Put some lard or dripping in the frying pan on the fire, and when smoking hot, put in the largest pieces; when these are done, add the pieces of breast, two chopped onions, a clove, a bouquet of sweet herbs and some raw ham cut into half inch dice, and fry until the fowl is tender. Take the fowl out, keep it hot while you fry with the other things four large tomatoes cut in slices and seasoned with pepper and salt; then add the fowl and serve all together; garnish with parsley.

Broiled Pigeons make a delicious dish and are very simple to prepare. After cleaning them, split them down the middle of the back, or cut them quite in two; to make them flat pound them with the blade of a heavy knife, broil them, the inside first, on a greased gridiron, and use butter without salt or some good dripping; when nearly done, salt and pepper, or add a finish of maître d'hôtel butter if you have it. Lay each piece on a slice of buttered toast, garnish with parsley and serve hot.

Macaroni à la Milanaise.—This is only one of the many ways of preparing this most wholesome and delicious food, that is as nourishing as it is inexpensive and gives a most savoury dish with very little trouble. There are three kinds of Macaroni. The largest is known as Macaroni, the second size as Mazzini, and the smallest as Spaghetti; we prefer the smallest size for most dishes, but sometimes find difficulty in obtaining it of the ordinary grocer. To return to our recipe. Have ready some tomato sauce (see page 85), or canned tomatoes which will do as well if boiled forty minutes, strained and highly seasoned. Put the macaroni into boiling water, with salt and pepper and a teaspoonful of butter, boil until it is quite tender and then drain it in a cullender. It may be laid in a pan of cold water until you wish to use it. Put into a stewpan the tomato sauce, some butter, and a little good stock or gravy free from fat, and stir until they are quite smooth. Put a layer of macaroni in the bottom of your dish, moisten it with the sauce you have prepared, and sprinkle it over with grated Parmesan or American cheese, then another layer of macaroni, sauce, and cheese, and so on until the dish is full. Brown the macaroni in a quick oven and serve hot.

Macaroni with Tomatoes.—Another way is to prepare as above, only adding the macaroni to the

sauce ; after you have prepared it let all boil together for twenty minutes, pour it on a flat dish and serve at once without baking.

Minced Fowl and Macaroni.—Boil the macaroni until tender, wash it in cold water, where it may remain until you prepare a white sauce, put the macaroni into part of it with some grated cheese, heat it thoroughly. Have ready your cooked fowl cut into slices or scallops, heat it in some white sauce, add a little pepper, salt, and a very little grated nutmeg. Put the fowl in the centre of the dish, placing the macaroni round as a border, and pour the rest of the sauce over all.

Curried Mutton.—It has been said somewhere that “it is wise never to eat curry at a house where the host offers you a potato with the rice,” this being a sign that in that house the art of good curries is not understood. In a measure, we agree ; there should be sufficient well-boiled light rice served with it to make potatoes a superfluity. If prepared in the following way we can promise a most inviting dish. Take the white heart of a cabbage, chop it fine, add two apples, in thin slices, the juice of a lemon, pepper and salt, mix all well together and fry in some butter. Prepare your meat, by cutting it into good shaped pieces, not very large ones, freeing it from most of the fat ; raw meat is best, but if underdone it will do,

in case economy has to be considered. Peel and cut downwards two good sized onions, or one Spanish onion, fry a nice brown in some fresh butter, dredge in a little flour, drain out the onions when done, and into the same butter put the meat, also frying it to a good brown, taking care it does not burn. Mix a dessert-spoonful of curry powder with a little cold water until as thick as mustard and turn this on to the meat. Put in a stewpan a little stock, enough to well cover the bottom, into this put the fried meat and cabbage and apple and stew gently over a slow fire for a quarter of an hour, then add onions and a little more stock and some salt and red pepper, and stew for half an hour ; when done, add a cup of good milk or cream. The pan must be kept covered while the curry is stewing. Chutnee should always be served with curry.

Madras Dry Curry.—Cut a rabbit or fowl into small pieces and put it into a frying pan with sufficient butter to fry a nice brown. Take a quarter of a pound of salt butter and one large Spanish onion, and fry till a light brown, adding half a breakfast-cup of good curry powder, the rind of one lemon grated and its juice, half a cocoa-nut grated with the milk, one breakfast-cup of stock or Spanish sauce, half a teaspoonful of mixed spice, salt and pepper to taste. Stew all together till nearly dry, and send up quite hot.

Fillets of Mutton and Tomato Sauce.—From the leg of mutton of the day before, cut pieces the shape of a pear about half-an-inch thick, lay them in some good stock for half an hour, then drain quite dry, rub with egg, roll in bread crumbs and fry a nice rich brown; have ready some tomato sauce, or stewed tomatoes highly seasoned will do, pour it round the mutton, garnish with parsley and serve hot. This helps to utilize cold mutton, that sometimes is found difficult to convert into acceptable dishes.

Salmi of Duck.—The remains of the duck to be cut up into pieces, and laid to soak in a little salad oil; put into a stewpan enough beef stock to cover the pieces of duck; add a bay leaf, a little thyme, a glass of claret, pepper and salt, and simmer for a few minutes; skim off the grease, heat the pieces of duck in it, and serve with Condé crust. If the colour is not rich enough, add a little of the pastille. Some like the addition of a few chopped olives.

Vol au Vent.—We must not omit this very excellent *entrée* that admits of such a variety of forms. The first essential point is to have a good puff paste ornamented according to taste. Out of this, cut the required shape, about half an inch thick for a large, and a quarter of an inch for small ones, two for each. Out of one of each of these the centre is to be cut, leaving

a rim round. The cut one is to be put upon the other, first wetting the edge of the lower one, so that the ring may adhere to it. When they are baked, the ring will be found to be fast to the under crust, and the centre piece loose, so that it can be removed and replaced as a cover after the paste has been filled with whatever is intended. The ragout, which is to be put in this, can be made according to fancy. Either a stew made from mushrooms, truffles, and sweetbreads, with a brown highly seasoned sauce, or the same with a white sauce can be used. Another filling is made from chopped truffles, mushrooms, sweetbreads, hard boiled eggs, olives, gherkins, crayfish, and chopped ham, all stewed with a little good stock and tomato sauce. Oysters stewed in their own liquor and a little butter, with some tomatoes well seasoned, or some sheep's brains and a few mushrooms chopped, make a nice variety.

Stewed Mushrooms and Pigeons. — Cut the pigeons up as for a fricassee, put them on the fire in a stewpan with enough stock or water to cover them. When nearly done, make a roux of melted butter and a little flour, pepper, salt, chopped parsley, and with the mushrooms add to the pigeons. If the mushrooms are large cut them into four pieces.

Mushrooms and Tongue.—Boil and mash some

potatoes, wetting them with milk, adding pepper and butter ; they must be quite smooth and should be carefully done. Boil some sweetbreads until tender, with salt, pepper, and sweet herbs. Have ready some pieces of smoked tongue cut rather small and thin ; these to be kept warm by placing in boiling water. Cut the sweetbreads, when done, the same size and shape as the pieces of tongue. Have some small button mushrooms stewed with pepper, salt, and butter. When these are done, take them out and make a sauce of the liquor by adding a *little* flour, cream, a squeeze of lemon and a little grated nutmeg. Now all the materials are prepared. Place a roll of the potatoes about an inch from the edge of the dish, leaving a hollow in the centre ; in this ridge of potato, place alternately, standing up, a piece of the tongue and a piece of the sweetbread until the circle is complete. Fill the hollow in the centre with the mushrooms, and then pour on them the hot gravy. All these different things must be kept as hot as possible during the time of preparation, and served at once with a garnish of slices of lemon.

Cotelettes d'Agneau purée de Pois.—Broil the cutlets to a nice rich brown, pepper and salt, but before doing this prepare a purée of green peas, by boiling the peas (old ones will do quite as well, if not better

than young ones) until they are nearly a mash, then pass through a hair sieve, add a little stock, pepper and salt, and broil up again. Then broil and arrange the cutlets on the dish according to fancy and pour the purée either around or in the centre of the cutlets. The advantage of this dish is that the peas can be used much later in the season, than if prepared in any other way. Canned peas or split peas coloured with spinach leaves can be used in the winter equally well.

Mushrooms à la Bordelaise.—Pick them over carefully, peel and grill them with pepper, salt, and butter. Prepare a sauce of a little stock and a roux of butter and flour, add chopped onions, parsley, and chervil, and finish with a squeeze of lemon. Pour over the mushrooms and serve as hot as possible.

Beef and Bacon.—This is one of the very nicest of dishes that can be made from the beef of the day before. Cut the meat into pieces about two inches long and one inch wide, put them into a stewpan with a bouquet of sweet herbs and enough stock to cover them. Let them simmer, *not boil*, for an hour, then take the pieces out, wrap each in a thin slice of bacon, and put in a shallow pan, remove the bouquet from the gravy, add a little pepper, salt, flour, and butter, and then pour into the pan with the meat. Bake just long enough to cook the bacon which, with a good oven,

will only be a few minutes. If the gravy is not a rich brown, add a little pastille before pouring over the meat in the pan.

Calf's Head en Tortue.—Bone the head, and blanch it by scalding it well and letting it lie in cold water for an hour or two, then cut it into small pieces, with the exception of the brains, tongue and ears. Put the pieces into enough water to cover them, with a faggot of sweet herbs. When half done, add the brains, and salt to taste. Let all simmer for an hour, pour off the water, which can be saved for stock, add some chopped mushrooms, hard boiled eggs, ham, truffles, gherkins, olives, and some tomatoes or tomato sauce. Serve in a deep dish and garnish with parsley and slices of lemon.

Rabbit and Mushrooms.—Cut the rabbit into pieces as for a stew, cover with water, add a little salt, a faggot of sweet herbs, and stew until tender. When done, take out the pieces of rabbit, and reserve half the liquor, to which add one tin of mushrooms, pepper and salt. Make a roux of butter and flour, add the yolk of one egg well beaten a very little nutmeg and some chopped parsley; add this gradually but quickly to the liquor, so that it is smooth and even, let it heat well, and then put in the pieces of rabbit; serve it in a deep dish with sippets of toast. We

should like to call attention to one thing in regard to using mushrooms. For stews which are to be light in colour they should either be the canned ones, or the small button ones ; the large flat mushrooms make the gravy quite black, and are most suitable for grilling.

Scalloped Oysters.—Have ready a pint and a half of dry bread crumbs. Put a layer of these in a deep dish or tin, upon these place a layer of oysters, pepper, salt and small pieces of butter, then again the crumbs, and so on until the dish is full, the crumbs being on the top ; add little pieces of butter to brown it on the top and bake for twenty minutes. For this dish one tin of American oysters, costing fourpence halfpenny, is enough, making it as economical as palatable. It is not necessary to put in any liquor from the oysters, as enough will adhere to them to sufficiently moisten the bread crumbs if they are taken from the tin and not first allowed to drain.

Sweetbreads.—There are many ways of cooking these, and as they have not much flavour of their own, they admit of many varieties of sauces. First prepare them by soaking them in lukewarm water for some hours, then clean and wash thoroughly, blanch by putting into cold water and then into boiling water, simmer until they are firm, and then take out, and when cold, lard with good larding pork. If to be

stewed, put into a saucepan with some stock and a little salt, add a faggot of sweet herbs, and simmer until the stock is half gone, then add half a tin of mushrooms, some chopped parsley, and a hard boiled egg chopped fine. If to be served with tomato or other sauce, prepare as above, but dip in batter, and fry in smoking fat until brown; add the sauce by pouring it round the sweetbreads and serve as hot as possible.

Chicken Croquettes.—Mix one pint of cold boiled chicken, chopped fine, half a pint of boiled bread and milk rather stiff, a gill of stock, a piece of butter the size of a walnut, and the yolk of an egg, salt and pepper, and a little chopped parsley, and one or two chopped mushrooms and truffles if you have them. Mix well and cook altogether for a few moments. Let the mixture get quite cold, then form it into rolls the size and shape of an egg, dip into egg and bread crumbs, and fry in hot lard; care must be taken to follow the directions given as to frying; put the croquettes on a cloth for a moment before serving, so that it may absorb all the surplus fat. Lamb or veal also makes nice croquettes, though not so nice as the chicken.

Clam Fritters.—Take half the quantity of clams contained in one tin, drain off the liquor and chop them; remove the beard or hard substance. Make

a batter of one egg, one cup of milk, salt and flour enough to make a little thicker than rich cream ; add the clams. Have some boiling fat on the fire, and drop about a spoonful of the mixture in at a time. When brown, take it out and cook the others until the mixture is all used ; serve at once. They can be fried with a little dripping, if dry frying is liked, and are very nice, if not so rich, and are less trouble.

Italian Kidney.—Boil some macaroni until tender, put a layer in a baking dish with some sliced boiled kidney ; season highly, then put in a layer of tomatoes, and so on until the dish is filled, wetting the whole with some good stock and a tablespoonful of Worcestershire sauce. Over the top put grated bread with bits of butter, bake well and slowly for an hour. The quantity of macaroni boiled must of course be decided by the size of the dish used.

Meat Pie.—Stew for two hours on the back of the fire with water enough to cover it, a pound and a half of coarse beef cut in small pieces—cold bits of cooked meat will do as well—with the addition of a small lump of dripping or gravy to supply the necessary fat to the meat. Put the stewed meat into a deep baking dish with salt and pepper to taste, a little butter, one grated onion, a dredging of flour and one teaspoonful of Worcestershire sauce. On the top put one layer of

raw potatoes cut very thin, cover the dish with a rich paste and bake.

Oyster Patties.—Line some small tins with puff paste, put in a piece of bread to keep the top and bottom paste from meeting, cover with paste, cut it round, and bake in a quick oven fifteen minutes. Scald a dozen oysters, cut them in quarters, put them in a stewpan with an ounce of butter, a tea-spoonful of flour mixed with their liquor, a little stock, and two or three shreds of lemon, season with salt, powdered mace and cayenne, add gradually three table spoonfuls of cream; mix well together, then with a knife remove the top crust of the patties, take out the bread and fill with the mixture of oysters, put on the covers and serve.

Cotelettes de Veau en Papillotes.—Chop some parsley, chives, raw ham, mushrooms and truffles together, mix them with an egg, bread crumbs and pepper. Put a thin layer of this mixture on each side of the cutlets, wrap each one in a thin slice of bacon, then in a sheet of well-buttered paper. When ready, put in a pan and cook in a moderate oven for an hour, turning them, so as to have them equally cooked, and the papers only of a light brown, not in the least burnt.

Fricandeau Glacé.—Cut the veal cutlets into pieces

about an inch thick and four inches long. Lard them on both sides and put them in a pan with four ounces of butter. When they are of a golden colour on both sides, pour on them enough boiling water to cover them, add some parsley, a bay leaf, thyme, two large onions and carrots cut in slices, salt and pepper. Let the whole simmer for two hours. Strain off the gravy through a fine sieve into another pan, and set it on a brisk fire. Let it boil fast until very thick, pour it over the veal and serve. Save the vegetables for soup.

CHAPTER VI.

VEGETABLES.

EVERY one is familiar with the old reproach, that the English have many kinds of vegetables, but know only one way to cook them, viz: boiling. We can but acknowledge the justice of this, if we call to mind how few are the times we see them otherwise prepared.

Vegetables have in themselves such variety and delicacy of flavour that we do not quite spoil them, but we reduce them all to the same level as far as lies in our power, by this uniform manner of treatment. Simple boiling is well enough, but it sometimes palls upon the most robust and heartiest of appetites; those who are not blessed with this comfortable thing have much to bear in this respect of monotony. Shakespeare says somewhere, "It was always yet the trick of our English nation, if they have a good thing, to make it too common," and the trick is not yet forgotten. By changing the way of cooking the same vegetable,

we not only get more variety, but when others are difficult to procure, make one kind do duty for several dinners, without the fear of the suggestion implying a reproach, that a change would be desirable, the change having been already provided in the cooking. The present manner of serving vegetables with the meat also detracts from their value, for they are sufficiently good in themselves to form a separate course. Potatoes have so far become a necessity with meat that one makes an exception in their favour, although delicately cooked, they are quite worthy of a place by themselves; however, here we yield to popular taste and advise serving potatoes with the joint, until we learn better or are able to supply better bread than is found at the ordinary English dinner table. It is not proposed to give all the different ways in which each vegetable may be prepared, nor would it be possible in the space allotted to this division of the book, but some few good ones will be selected in the hope that they may suggest others to the seeker after improvement in this part of our daily, but none the less important, meal.

Asparagus is of itself so delightful a vegetable, that care should be taken not to lose or hide its own peculiar flavour in its preparation. We give four ways of cooking it, all of which will be found equally

delicious. 1st. Boiled until tender, salted to taste and served without toast, with Hollandaise sauce poured over; or if preferred, the sauce may be in a separate dish. 2nd. After boiling, cut the ends and part of each stalk as far as eatable, into pieces about the size of peas; put them into a stewpan with butter, a sprinkling of flour, pepper and a small cupful of the water they were boiled in, let them simmer about five minutes and finish with a gill of cream. The yolk of an egg beaten with the cream, adds to its richness. 3rd. Simply boiled and served with cruet sauce; (see page 86) which will be found an improvement on the white drawn butter. 4th. Prepare as above by cutting into small pieces; have ready some scrambled eggs, (see page 95), with which mix the asparagus adding pepper and salt to taste, and serve hot and as soon as possible after cooking, as it does not improve by waiting. Here are four varieties that certainly do not partake of sameness, and will, if carefully done certainly give pleasure to the diner.

Aubergine is a French vegetable not usually seen at the ordinary greengrocers, but it can be found at Covent Garden Market, and is worth some little trouble to get as its flavour is delicious. It is like a very large pear in shape, but of a dark purple colour, or sometimes quite white. Remove the stem and capsule, and

parboil without removing the skin, when done, cut lengthwise and remove the middle portion of pulp from each half, mix this with some chopped beef marrow, raw tomato, bread crumbs, a little minced chicken or lamb, pepper, salt and parsley; fill the halves with this mixture, putting them into a pan with some good stock with which they must be occasionally basted while cooking; bake slowly for thirty minutes; each half does for one person, the skin forming a sort of dish out of which the inside is eaten. Cooked in this way this vegetable is an important addition to our table, and is quite worthy of a place by itself. Here is another way, simpler, and not quite so rich, but very good. Peel and cut the aubergine into thin slices as you would a cucumber, sprinkle with salt an hour or so before wanted, then wipe each piece quite dry, dip into a thin batter and fry a light brown; serve at once, as they do not improve by standing.

Artichokes.—Boil in salted water and serve with Cruet or Hollandaise sauce. The common way of cooking the Jerusalem artichoke is the same as for stewed celery, though we think they are only nice for soup.

Artichauts à l'Italienne.—Cut the leaves very short and boil the artichokes in salted water. Remove the choke and let them cool. Put some butter in a pan

with three small onions chopped for each artichoke, and six ounces of bread crumbs. Let the bread crumbs absorb the butter, but not get brown, then fill up the artichokes with the mixture. Put some butter in a dish and lay the artichokes upon it, sprinkle upon them some grated Parmesan cheese, and set the dish in the oven. When the artichokes are of a nice colour, serve them in the dish in which they were baked.

Haricots Verts.—There is no nicer dish than this, though we do not usually give it a fair chance, it is generally sent in with the meat, so that the diner's attention is divided among three things. The bean is usually cut into strips and boiled only long enough to be a little less than hard and certainly a little less than tender. A better way to prepare French beans is to remove the hard fibre or string that joins the two sides of the pod, by breaking at the end and tearing down, rather than by cutting, as that is a wasteful way, and then separating the two sides, cutting crosswise into pieces; these, when ready, boil until quite tender, which is made certain by slow boiling and the addition of a little pinch of soda. When quite done, drain all the water off, add two ounces of butter, pepper, a sprinkling of flour, and *toss* lightly over the fire for ten minutes. Beans thus prepared, although with so little difference from the ordinary cooking, are quite

another dish and well deserve to be eaten by themselves.

Brussels Sprouts become quite another thing when boiled, tossed with a little butter and pepper, and served with oil or Hollandaise sauce; and one scarcely recognises the old and sometimes wearisome friend with his new dress.

Cabbage.—The coarse and rather despised cabbage is easily turned into a most savoury dish by a little care. They should only be eaten as a separate course when very young; and here is a way of preparing that will, we think, overcome any dislike to this usually rather unsavoury vegetable. Take white young ones, quarter them, wash well, salt, boil them for fifteen minutes, pour off the water, press them quite dry, tie them up, put them into a flat saucepan with a piece of bacon, a faggot of sweet herbs, an onion, and a few cloves and pepper, and cover with good beef stock. Let them boil gently until quite tender, and they have taken in the flavour of the herbs. Take out the cabbage, removing the string, place it in a dish; strain the gravy, add a sprinkling of flour, and colour with the pastille, pour it over the cabbage, and serve at once.

Stuffed Cabbage.—Cut off the leaves as whole as possible, boil only *until tender*, have some highly seasoned sausage meat, or better, some mince of ham,

chicken or rabbit, highly seasoned ; as soon as the cabbage is ready, drain it carefully, dip each piece in cold water, lay two or three pieces upon each other, making eight or ten piles, lay a portion of the meat in the centre of each, fold the cabbage over it in a compact roll, tie it in place with cord which must be removed before serving, lay them in a baking pan, season with salt and white pepper, put over each a tablespoonful of rich stock or gravy, and a teaspoonful of Tarragon vinegar, brown in a quick oven, and serve hot on pieces of toast. Capers are sometime chopped with the mincemeat.

Next comes the *Cauliflower*, which is a great help to us in this course, for it offers many ways of preparation equally good and of great variety in taste ; we give two here. *Choufleur au gratin*.—No. 1. Remove all leaves, cut into pieces and boil with salt until tender, then break into pieces, place part of them into a dish, cover with butter, bread crumbs and a little grated cheese—the ordinary cheese will do, though half Parmesan and half Gruyère are best—and then more cauliflower, and so on, until the dish is full, the top being of course, bread crumbs, cheese and butter ; the last should be here liberally applied, and when baked for twenty minutes, it should be of a golden brown. *Choufleur au gratin*.—No. 2. Boil one large, or two

small, cauliflowers until tender. Mash the flowers and stalk into a pulp. Add an equal quantity of bread-crumbs, one well beaten egg and some grated cheese. Beat these all together, wetting with a very little milk if too dry. Pour into a deep dish, placing some pieces of butter on the top, and having browned it nicely in the oven send it to table in the dish in which it has been baked. Another way is simply to boil the cauliflower as usual, and serve with Hollandaise sauce, which will be found a great improvement on the old drawn butter, which half the time is not drawn butter at all, but a warm mixture of flour and water, too often without salt.

Water Cress, the unfailing accompaniment of shrimps and summer tea, is too good a vegetable to be banished to such a feast. Boiled, tossed with butter, put upon toast, and a good English sauce (see page 88) well seasoned with white pepper poured over it, makes a dish which, once eaten, is sure to be asked for again,—a request a young housekeeper regards as putting the seal of success upon her experiments.

What has been said about water cress, applies equally well to Scotch kale, turnip tops, or to lettuce; the long lettuce, when cooked, has a better flavour than the cabbage lettuce. Another excellent way of cooking lettuce is as follows. Boil the heads whole, being careful not to break them; when quite tender, carefully

remove the centre ; chop them up with some minced veal or chicken highly seasoned, place the mixture in the centre of the heads, tie the leaves over it, place them on a baking pan, pouring over each some good stock or gravy ; bake about fifteen minutes. The string must be removed before serving.

Green Peas can be cooked after the recipe given for French beans, and a nice dish be secured if carefully done. They are much better appreciated alone than when served with meat. Green peas should be young and tender to be nice.

Parsnips are not particularly tempting to the seeker after a nice dish, but here are three ways in which they can be made palatable when other vegetables are difficult to get. 1st. Boil until tender, drain off water, cut them into slices, put a layer of a quarter of a pound of salt pork on the bottom of the pot, put the parsnip in again and fry until brown, serve the pork with them. 2nd. Prepare the parsnip as above, fry to a delicate brown in butter, make a nice gravy from good stock, season well, pour it over the parsnips, and serve hot. 3rd. Cook the same as salsify (see page 62).

Next to bread we find ourselves mostly dependent upon potatoes ; they have become as necessary a part of an Englishman's dinner as the plate off which he

eats ; they are too often, though, given a second place when really they quite deserve a first. There are many delicious ways of preparing this good vegetable, but it will be impossible to give more than two or three here.

Lyonnaise Potatoes.—Chop two ounces of onion, fry it a light brown with butter ; have some potatoes ready boiled, either hot or cold, cut them in slices, put them into the pan containing the onion and butter, season with salt and pepper, fry a light brown, shaking them in the pan to keep them from burning and to brown them evenly.

Stuffed Potatoes.—Wash the potatoes, without peeling, with a brush, bake until they begin to be tender, cut off one end, scoop out the inside into a saucepan containing some butter, pepper, salt, and some grated Parmesan cheese, stir all these over the fire until hot ; then fill the potato skins, pressing them into shape, heat again in the oven and serve hot covered with a napkin, a dish-cover spoils them.

Broiled Potatoes.—Boil the potatoes until tender but not mealy, drain off the water, cut into slices, dip them in melted butter, and broil over a moderate fire, serve hot with a little butter melted.

Boiled Potatoes.—Carefully wash them, removing the deep eyes or any defective parts, peel them, and

place them in cold water with a little salt for half an hour ; then boil, drain off all the water, cover them with a cloth and set them on the back of the fire to steam. Just before they are wanted break them up with a fork until they are light and dry ; serve at once.

Potato Snow.—Prepare as above, but press through a sieve with a wooden spoon into the dish in which they are to be served, and send to the table at once. This looks well served in one of those pretty wooden bowls trimmed with silver.

Potato Croquettes.—Boiled as above, but mashed, with a gill of cream, some butter, and pepper ; make into balls, or the shape of champagne corks, brush with egg and dip in bread crumbs ; fry brown and garnish with parsley.

Stewed Potatoes.—Wash, peel, and boil six potatoes salting them slightly. Let them get *thoroughly* cold, then cut them into little square bits, put them in a stewpan with enough good milk just to cover them, a piece of butter, pepper and salt and a little chopped parsley ; when hot, dredge in a very little flour, and when quite thick they are done. Care must be taken that they are not cooked long enough in the milk to lose the shape of the bits and become pulpy, as this spoils them. New potatoes are best for this dish, though old ones can be used.

Potato Soufflé.—Steam six large mealy potatoes, mash them, put them in a pie dish with four ounces of butter, a little salt and pepper, two ounces of grated Parmesan and the same of Gruyère cheese, four yolks of eggs, and the whites beaten to a very stiff froth. Mix the whole thoroughly, sprinkle upon the top some of the mixed cheese, and set the pie dish in the oven. When the top is raised and of a rich brown serve immediately.

Stewed Celery.—Wash, scrape, and cut the celery in pieces about an inch long, put these with a little salt into some water, and boil until tender; pour off half the water and cover with milk, add a little butter and flour well mixed, some pepper and salt; simmer for fifteen minutes and serve in a deep dish. You can vary this dish by using good stock instead of milk and colouring with pastilles de légumes.

White Haricot Beans.—Put a pint of dried beans in cold water to soak over night, then drain the water off and put in enough fresh water to cover the beans, with a small piece of salt pork, and boil four hours, adding water from time to time if they become dry, drain what water there is left when they are done, add pepper, and finish with a little butter. Prepare a sauce piquante, pour it over the beans, and serve.

Salsify.—Wash, scrape, and boil with a little salt

until tender. Then mash until fine and smooth, removing all hard or stringy bits. Take one-third of bread crumbs to two-thirds of salsify, add butter, pepper and salt, with one well beaten egg ; mix all well together. Then form it into small cakes about the size of a tea biscuit, and fry until a nice rich brown, put on a napkin with a garnish of parsley ; no sauce is required. Cooked as stewed celery it is also very nice.

Mushrooms serve us well and faithfully in this part of our dinner, and as they can be had through most of the year are a valuable addition to our list. The good old way of broiling them and serving hot on buttered toast can hardly be improved, but here are two more ways that are very good. Clean and trim off the roots, dip them in maître d'hôtel butter, roll them in bread or biscuit crumbs, lay them on a dish that will not break with heat, and brown in a quick oven. *Stewed mushrooms* : cut them in quarters, and wash them in several waters, then take an ounce of onion with fresh butter, parsley salt and pepper, and fry them. Then set them to stew, and when well done add cream enough to cover them ; serve hot.

Epinard au jus.—Wash well, and remove all coarse parts of the spinach ; boil in plenty of water with a little salt until tender, then, draining off the water, put the spinach in the mortar and mash as finely

as possible, pass through a hair sieve until fine and smooth, put it into a smaller stewpan—a china one is the best—and add some rich stock or gravy and the yolk of one raw egg well beaten, dredge in a little flour and add a pinch of nutmeg, cayenne, and a bit of butter. Spinach prepared thus must not be thin, but about as thick as whipped cream.

Tomatoes.—Last, but certainly not least, we have the rosy tomato, delicious in all ways, boiled, baked or raw; in the last state being as pretty to look at as nice to eat. Its colour makes it a real decoration to the table whether in combination with the tender green of the lettuce or the rich yellow of the mayonnaise. The ways of cooking are so numerous one is puzzled where to begin and more where to end, but our space is limited, and here are three ways, quite different but equally good. First, *fried*: cut them into slices, without removing the skin, then have some butter melted in a stewpan, put the tomatoes in, and fry quite brown, pepper and salt; care must be taken they do not burn, which can be guarded against by lifting the pan from the fire and tossing them quite often, or else by continually stirring them; they should be quite soft and not allowed to grow crisp, which spoils them. *Baked*: peel, which can be done quite easily by letting them lie in hot water for ten or fifteen minutes, and cut them

into slices ; have ready some bread crumbs, lay a good thickness of the bread crumbs, pepper, salt, and butter in the bottom of a deep dish, then a layer of tomatoes, then more crumbs, and so on until the dish is full, the crumbs of course being on top ; butter well and bake in a good oven for about forty minutes. *Stewed* : prepare as above, and stew for an hour, then add butter, pepper, and salt, also some chopped onions that have been previously fried to a light brown in good butter, place upon toast and serve hot.

CHAPTER VII.

SWEETS.

WE have not given many familiar recipes for sweets, such as bread pudding, batter pudding, apple tart, &c., for those are too well known to need repetition here. We wish only to say that however much we advocate economy, we only mean it so far that each thing should be in good condition when used. For instance, it is no economy to use mouldy or heavy bread for bread puddings, which results in spoiling the pudding and may entail the expense of a doctor to aid those who have been unfortunate enough to partake of it. We always mean economy to be wise, certainly it must be discriminating. To ensure a good bread pudding, see that the bread is *stale* and scalded with boiling milk, and not laid in cold water to soak as is often the case. The addition of raisins, lemon peel, and citron, with a flavour of vanille in the milk, will make it a very delicious pudding. A well-made bread

pudding is *very* nice, but a bad one is usually uneatably bad.

We would advise, however, a diminution in the numbers of sweets so often served, as they are really very little needed if the dinner has been satisfactory in other respects. One often sees very weak and feeble efforts on the part of the cook until this point arrives, when she seems to launch out in all her strength, and we are deluged with puddings, creams and jellies. Of course this is entirely a matter of taste—

“What’s one man’s poison, signor,
Is another’s meat or drink;”

but when care and thought has been bestowed on the more substantial parts of dinner, the lack of sweets will not be a disagreeable feature.

Apple Charlotte.—Butter a deep dish well. Line the dish bottom and sides with thin bread and butter. This must be neatly done. Then a layer of good baking apples cut in *very* thin slices, the peel having been removed; sprinkle some sugar, chopped lemon peel, and a little lemon juice, and cinnamon. Then a layer of bread and butter, then again the apples, &c., and so on until the dish is full. Cover the top with the apple parings so as to keep from burning; bake in a moderate oven for three quarters of an hour and then remove the

parings. Turn it out on a dish, sprinkle with castor sugar, and serve with cream.

Compote of Chestnuts.—Scald about thirty chestnuts, and peel them while hot. Boil half a pound of loaf sugar to a thick syrup. Put the chestnuts into the syrup and boil until *quite soft*, keeping them well stirred for fear of burning. Now add two tablespoonfuls of brandy and vanilla to taste, pass them through a cullender or coarse sieve, and put them in front of the fire to get a little crisp. Have ready a good thick whip of cream, put a layer of cream, then a layer of chestnuts, and so on until the deep dish is full. Ornament with preserved cherries or any other sweetmeat.

Lemon Jelly.—An inexpensive and delicious jelly. Use Cox's Edinburgh Gelatine. One shilling packet will make two pints and a half of jelly. To the gelatine add half a pint of cold water, let it soak ten or twenty minutes, then add a pint of *boiling* water, stirring until the gelatine is quite dissolved. Add three quarters of a pound of white sugar. Take the juice of five lemons and enough sherry and water to make, with the lemon juice, another pint, a small piece of nutmeg, cinnamon, and one or two cloves, add the shells and whites of two eggs well beaten. Add this to the gelatine, stirring it in briskly, put it on a slow

fire, keep stirring until it boils, then take it off the fire at once and strain through a jelly bag of flannel, returning to the bag the first quantity that runs through, and repeat this until it is perfectly clear. This is jelly quite free from the unpleasant taste of gelatine often so objectionable in home-made jellies, and if desired, the wine can be omitted altogether, using one or two more lemons.

Peach and Cream Pudding (cold).—Take one tin of peaches, cut them up into small pieces, add one pound of white sugar, stew for twenty minutes, and add a little brandy; then set to cool. Have a Savoy cake, or, better still, a pound cake, cut a thick slice off the bottom, then take out the centre of the cake, leaving only enough thickness to keep it together. Fill this with some of the peach compote, and put the slice over the opening. Set it in a glass dish, pour the rest of the peach around it and have a good stiff whip of cream ready to pour over the whole.

Lemon Tart.—Take a shallow tin dish as for an open tart, make a good rich light paste, cover the dish with this, then peel, slice, and remove the pips of three lemons, placing the slices evenly all over the paste to within one inch of the edge, sprinkle some moist sugar, and pour half a cup of treacle over this; put on the top crust, taking care to fasten the edges down *well*,

or the juice will boil out and besides making an unpleasant smell of burning through the house lose the very cream of this tart. Sprinkle a little sugar over the top before serving, and do not remove the tart from the dish in which it is cooked. This is really a very delicious tart, and to those who object to the treacle, we can only say it is a pity.

Lemon Custard Tart.—Put half a pint of milk, one table-spoonful of corn flour, a little salt, the grated rind of two lemons, half a cup of sugar and one well-beaten egg, in a saucepan on the fire. When about as thick as a thick custard, add the juice of one lemon and remove from the fire. Have ready a tin tart dish lined with a good paste, pour the mixture into this and bake in a good oven. Beat the white of the egg to a stiff froth, add a little sugar, put it evenly over the lemon part of the tart when done, and put the whole back into a brisk oven to brown lightly. Serve when moderately hot.

Pancakes with Jam.—Pancakes made after the ordinary recipe, and then spread with apricot or any other jam, rolled up and sprinkled with sugar, are very nice and very simple to make.

Fresh Fruit Pudding.—Have ready a pudding bowl lined with good paste, but not too rich, as it is to be boiled. Fill this lined bowl with any fresh fruit—

either plums, apples, cherries, currants and raspberries, or gooseberries—in alternate layers with sugar, until it is heaped up, as the fruit shrinks in cooking. Cover this over with a cover of paste, fastening the edges well, tie it in a pudding cloth, and drop into enough boiling water to cover it. The water must not stop boiling, and when any is needed to supply what boils away, let it be added from the kettle of boiling water.

Chocolate Jelly and Cream.—To one packet of Cox's gelatine add half a pint of cold water, and let it soak while you are preparing the chocolate. Put one pint of milk on the fire in a saucepan. To half a pint of cold milk add four large tablespoonfuls of powdered chocolate, and three quarters of a pound of white sugar, mix until smooth, when add to the hot milk; put in enough vanilla to taste, and when it has boiled up once, add to the gelatine, stirring briskly all the time to mix it thoroughly. Pour it into a mould that has first been dipped into cold water, and set in a cold place until wanted. Serve with cream whipped until thick, and flavoured with a little vanilla. This is particularly nice in hot weather.

Chocolate Creams.—Mix two table-spoonfuls of grated chocolate, and one tablespoonful of sugar, with half a cupful of boiling water. Put it on the fire, and heat until it begins to thicken a little, then

set it away to cool. Beat up half a pint of double cream until it is stiff, and then add the cold chocolate. Pour into custard glasses, and serve with some simple cake as soon as possible.

Jam and Cream is always a nice sweet, although so simple, and requires no cooking. Place in the bottom of each custard glass a table-spoonful of apricot or strawberry jam, and on this fill up the glass more than half full of cream, whipped to a little thickness. When these are served there should always be some lady fingers to eat with them, as the cake is an indispensable part of the dish.

Albert Pudding.—Take equal portions of butter and flour—three quarters of a pound of each—beat these till creamy, stir into the mixture the yolks of five eggs and a cup of sifted sugar, a cupful of sultana raisins, the grated rind and juice of one lemon. Now add the whites beaten to a stiff froth. Pour into a buttered mould, tie over with a cloth, and steam or boil for two hours and three quarters. Turn it out of the mould, and serve with cream sauce No. 2.

Roly Poly Pudding.—Prepare a paste as for a tart, only not so rich as it is to be boiled, roll it out about a quarter of an inch thick, half as long again as wide, spread it over thickly with some kind of jam, roll it up, beginning at the end nearest you, into the

shape of a bolster. Tie it up in a cloth well floured, and drop it into boiling water. The same rule as for boiling a fresh fruit pudding must be followed. Serve with cream sauce No. 2, first removing the cloth, and placing the pudding on a flat dish.

Pound Plum Pudding.—One pound of chopped beef suet, one of bread crumbs, one of currants, one of moist sugar, one of raisins; these last to be chopped with the suet. Two ounces of candied lemon peel, and two of citron, some grated nutmeg, ground cloves and cinnamon. Wet with six eggs and a little brandy. Mix all well together, put the mixture in a buttered bowl, tie it up in a cloth, and boil seven or eight hours. Serve with a wine sauce.

Castle Pudding.—Weigh four eggs, take the same weight in butter, flour, and sifted sugar, separately. Beat the butter and sugar to a cream, separate the yolks from the whites of the eggs and beat separately, add the yolks to the butter and sugar, with a pinch of salt; then grate the rind of a lemon into the sifted flour, and add gradually half to the yolks of the eggs, beating well all the time. When quite smooth, put in the whites, and after beating again, add the rest of the flour, whisking until smooth. Have ready some buttered cups, either of tin or delf, into which pour the mixture until the cups are about three quarters full.

Bake about twenty minutes in a quick oven, turn out of the cups and serve with any kind of wine sauce, or place some jam on the top of each and serve with cream. If well enough beaten, the puddings should rise over the tops of the cups.

Gateau.—Cut the cake, pound cake is the best, into strips about two inches long and about three quarters of an inch thick and wide. Place some of the pieces in a round glass dish in a circle of about six inches in diameter, the ends just touching each other, the sides turned up to be covered with currant and raspberry or strawberry jam. Now put the other pieces on top of this, where the ends join, as children build up their blocks, cover this layer with the jam, and so on until the pile is about eight inches high, making it grow narrower as it gets to the top, by cutting the pieces of cake a little shorter; when it is all built up, leaving a small opening at the top, fill the centre with peach or apricot jam. Brush over with the white of egg, place in the oven to brown a little, and serve when cold, either with or without cream.

Fruit Pudding.—Take half a cup of suet chopped very fine, to this add half a cup of treacle, half a cup of sweet milk, half a cup of sifted flour, one egg well beaten, and half a pint of fruit made up of raisins, currants, chopped citron and candied lemon peel, half

a teaspoonful of baking powder, a full teaspoonful of ground cloves, and then one of ground cinnamon, and half a grated nutmeg, mix these all together and add enough bread crumbs to make a very stiff batter. Pour into a buttered mould and boil two hours. Serve with cream sauce No. 2. This is enough for six people; double the quantities and boil three hours if a larger pudding is required.

Boiled Suet Pudding.—Beat three eggs to a froth, add a cup of chopped beef suet, a teaspoonful of salt, and one pint of milk, and stir in gradually until smooth enough sifted flour to make a stiff batter. Pour into a buttered bowl, and tie in a cloth and boil four hours. Serve with butter and sugar.

Blackberry Pudding.—Half a cupful of chopped suet, the same of treacle and of milk, one well beaten egg, salt, half a teaspoonful of baking powder, half a cupful of sifted flour, half a pint of fresh blackberries, a little vanilla, and enough bread crumbs to make a very stiff batter; pour into buttered mould, boil two hours, and serve with cream sauce No. 2.

Chocolate Meringue.—Dissolve three tablespoonfuls of corn flour in a little milk. Take two ounces of sweetened chocolate powder and stir it smoothly into about a cupful of milk; when smooth, add another cupful of milk, and put on the fire in a saucepan

until it becomes scalding, then add the corn flour and stir until it thickens. Separate and beat separately the yolks and whites of three eggs, to the yolks add three ounces of sugar, add these when well beaten to the chocolate, and stir until it becomes much thicker than boiled custard; set this aside, and when a little cooled stir in half a teaspoonful of vanilla, and pour it into a pudding dish. Add four tablespoonfuls of sifted sugar to the whites beaten to a stiff froth, pour this over the top of the pudding, and brown in the oven slightly.

Chocolate Pudding.—Mix the yolks of six eggs with one and a half cups of sugar, add fifteen tablespoonfuls of bread crumbs, then a quart of boiled milk. Take eight tablespoonfuls of chocolate powder, mix with a little boiling water, and pour into the mixture, the whites of three eggs are to be well beaten and added last with a very little salt. Bake one hour. Beat the remaining three whites into a stiff froth, add icing sugar sufficient to make a meringue, and dry without browning.

Basket Puddings (cold).—One cup of butter, two of sugar, three of flour, four well beaten eggs, half a cup of milk and half a teaspoonful of baking powder. Put this mixture in small cup-shaped cake tins, bake about twenty minutes; when cold, take out a portion of the middle of each cake, fill with

apricot jam, and cover the top with cream beaten stiff, and sweetened. Cut pieces of citron in the shape of handles, and stick one in the top of each cake.

Baked Batter Pudding.—Mix three tablespoonfuls of flour with one pint of cold milk, add a pinch of salt. Beat the yolks and whites separately of two eggs, add the whites just before putting the mixture into a well-buttered deep dish. Bake in a moderate oven, until it rises and is of a nice brown. Send to the table at once, as it falls if it is left standing. Serve with cream sauce No. 2.

Mince Meat.—Chop finely one pound of boiled beef, then one pound and a half of beef suet, three quarters of a pound of apples nicely pared and cored. Mix all together, and add two and a half pounds of raisins, two pounds of currants, one grated nutmeg, two ounces of candied lemon peel, the same of citron. One pound of moist sugar, and spice, according to taste, with a little ground cloves, cinnamon, and the juice of a lemon. Add a sufficient quantity of brandy and sherry to moisten.

Riz au Café.—Boil some rice with milk and sugar until it is very thick, add to it a cupful of coffee, four yolks of eggs well beaten. Mix well, pour the preparation into a dish, bake until of a nice colour, sift powdered sugar over the top and serve.

Apple Rings.—Peel some nice large apples, slice them through, first taking out the core, into rings about a quarter of an inch thick, lay them in sufficient brandy to cover them, sprinkle a little powdered sugar over them, and let them stand for an hour, turning them once in a while. Make a batter as follows:—To a pound of flour add a tablespoonful of olive oil, a little salt, a tablespoonful of orange-water, two tablespoonfuls of brandy—that off the apples will do—four yolks of egg, two whites, and water enough to make a thin paste, and let it stand for two hours. When wanted add the remaining two whites, beaten very stiff, and mix well with the paste. Dip the slices of apple in this, and fry in hot lard, as many at a time as will float on the top of the lard, turn them, and when of a nice brown colour, take them out and put on a drainer, then put on a dish and sprinkle powdered sugar over them.

CHAPTER VIII.

SALADS.

IT is wonderful that we English should so often allow the salad to be served with our meat and vegetables, after having experienced abroad the good result of having it as a separate course. By serving with the meat we practically exclude all the varieties that are particularly good, and confine ourselves to one or two very simple ones. A good salad maker is said to be like a poet or an artist, born one ; but we think that by a little attention and some thought, a very fair result may be obtained, that imitates very well the work of the gifted being. The best salads are often the result of necessity or of the inspiration of the moment, for, if one thing is not to be had, another may be used as a substitute, and very good results and great variety accidentally obtained.

Cabbage Lettuce should *never* be cut, but pulled apart with the fingers, and after washing, be *thoroughly*

dried, which can be done by wiping each leaf with a cloth, or if this is too tedious a process, by putting into a wire basket, shaking well, and letting it stand until wanted. These two points, dryness and the absence of the knife, are two most important ones to the success of the salad. If the long lettuce is used, the tough centre of the leaves should be removed as it detracts from the delicacy of the salad. In dressing all salads have ever in mind the old Spanish saying—"Be a miser with vinegar, a councillor with salt, and a spendthrift with oil." Let the oil be of the very best Lucca; a poor oil is the ruin of any salad. With this simple dressing it can be quickly and neatly done at the table, as it is better for not standing. There are many substitutes offered for this oil dressing, but eschew them all if you want a true salad. To those who like these mixtures we can only say—we wish you did not.

Potato Salad.—Slice some cold boiled kidney potatoes, chop fine one or two green onions or a little garlic, a little water cress, with a few lettuce leaves; dress with plenty of oil, salt, pepper, and vinegar, and one well beaten egg.

Tomato Salad.—Wash eight good sized tomatoes, lay them upon the ice for an hour or two, then slice without removing the skin, garnish with lettuce leaves,

and dress as above. If a richer salad is desired, dress with mayonnaise. This is a very pretty salad, as the colours, red, green, and yellow form a pleasing contrast.

Spinach Salad.—Take the same quantity of young tender spinach tops as of lettuce leaves, and chop two hard boiled eggs with them; dress with oil, vinegar, salt and pepper, or a ravigote sauce, see page 91, which is best for this salad.

Water Cress Salad.—Wash the cress and drain well, add a chopped green onion, two radishes, one spoonful of horse radish, and a few leaves of lettuce. Dress with salt, pepper, oil and vinegar—the oil to be lavishly used.

German Potato Salad.—Chop enough mild onion to fill a saucer, pour some vinegar on this, and let it stand while mixing the rest of the salad. Cut up eight good sized potatoes that have been boiled some hours; mix a tablespoonful of white pepper, one of dry mustard, oil *ad. lib.*, and a little salt and vinegar to taste. Beat up four eggs well, pour over the potatoes, mix them, drain off the vinegar and add the onions to the dressing, then pour the whole on to the potatoes, adding half a cup of capers and some chopped parsley. A little red cayenne pepper improves this salad.

Celery and Beetroot Salad.—Cut the celery in

small pieces, placing the beetroot, which has been boiled and cut into slices, in the centre; add a few lettuce leaves and dress with oil, pepper, salt, and vinegar.

Winter Salad.—Equal proportions of celery, boiled beetroot, raw white cabbage, and cooked veal or rabbit, all chopped fine together. Dress with mayonnaise and serve with a garnish of lettuce leaves. This will be found a very delightful salad, but for those whose digestion is delicate the cabbage had best be omitted.

Cauliflower Salad.—Very nice salads can be made from cold vegetables that have been left from the day before. The cook should never be allowed to throw away one particle of a nice vegetable, as they can all help towards salads.

Have a cauliflower underdone; when it is cold, break it in pieces, put in the salad bowl with some small green onions and a few radishes chopped fine, some lettuce, and one spoonful of chopped capers and olives; dress with oil and vinegar.

Salade de Légumes.—This may, as its name indicates, be made of any cold boiled vegetables, such as peas, beans, asparagus, potatoes, or a mixture of them all, dressed with plenty of oil, pepper, salt, and a little vinegar. To the peas may be added a sliced cucumber

and a dressing of mayonnaise, which will make a delicious salad.

Endive and Cress.—The Batavian endive is not quite so bitter as the very curly endive, and on this account is much preferred. This, with a few water cresses and a piece of bread rubbed with garlic, which gives a good flavour of onion without its actual presence, dressed with oil, pepper, salt, and vinegar, is a very nice salad.

Corn Salad.—This is a low growing plant something like the water cress, but different in flavour. It is not always to be found at the greengrocers', but in the autumn can be got at Covent Garden. This alone, dressed as above, is exceedingly good.

Dandelion Salad.—Pick the plants over carefully, put them with an equal quantity of water cresses, three small onions sliced, and dress with plenty of oil, a little salt, pepper, and vinegar.

Vegetable Salad.—We give another receipt that we have found very good when it was hard to get fresh vegetables. Boil a small cabbage until tender, let it get cold, cut it into pieces, add a chopped beetroot, some sliced boiled potatoes, and some capers, and dress with oil, vinegar, pepper and salt.

Cucumber Salad.—Peel and cut the cucumbers in thin slices, put them on a dish with four tablespoonfuls

of vinegar and a little salt ; let them stand for two hours. Drain them, put them in a salad bowl, and pour upon them a sauce prepared as follows. Pound in a mortar some parsley, chives, chervil, celery or celery seed, cress, burnet, capers, and two anchovies, all chopped. When pounded into a paste, add the yolk of one raw egg and a spoonful of vinegar, with four of oil ; mix well and pour over the cucumbers.

CHAPTER IX.

SAUCES.

ALTHOUGH a good sauce is, we confess, often the making of a dish, we would warn all inexperienced hands that great care is needed in the use of them, as it is a pity to disguise a delicately flavoured thing in an unnecessarily strong-flavoured sauce. A little experience and some taste will soon guide correctly in the choice.

Tomato Sauce.—This can be made quite as well from the canned tomatoes as the fresh ones, and the former have the advantage of being procurable at all times. An earthen saucepan or pipkin is the best pan to use. Put in this your sliced fresh tomatoes, or half a can of the tinned ones, some chopped carrot, onion, salt pork, a bouquet of sweet herbs, one or two cloves; season well and add a little rich stock, or gravy. Let it simmer slowly for one hour, and press through a hair sieve with a wooden spoon.

Béchamel.—This is a rich white sauce, and is some trouble to make, but is very good. Have some stock made from veal and fowl that is quite a jelly when cold; put this on the fire with some sliced onion, carrot, a faggot of sweet herbs, salt, pepper, and a little sugar, simmer for half an hour, strain through a cloth to remove all fat. Mix some butter, and about the same quantity of flour together on the fire, when quite smooth, add the stock and let simmer for an hour. When required, add an equal quantity of cream, and the sauce is ready. This sauce is delicious with boiled fowl, turbot, or fillets of sole, or with macaroni.

Oil Sauce.—This is mostly used for salads. Bruise in a mortar two small green onions, the yolks of two hard-boiled eggs, a small eggspoonful of mixed herbs, a tablespoonful of vinegar, and enough oil to thicken it. The whites of the eggs to be chopped and put upon the salad as a garnish.

Cruet Sauce.—A little salt and pepper, and twice as much oil as vinegar. This is very simple, and is used either for salads, for greens of any kind, or asparagus simply boiled.

Dutch Sauce.—Mix equal quantities of flour and butter over the fire until quité smooth, then add a little boiling water; remove the sauce from the fire, add the yolks of three eggs, stirring slowly all the

time, add one *small* teaspoonful of dry mustard. This is very nice for warming up with any cold fish left from the day before.

Hollandaise Sauce.—This is mostly used with vegetables, such as cauliflower, asparagus, or artichokes, but is equally good with fish. Mix equal quantities of butter and flour together over the fire until quite smooth, add a little boiling water, and after taking off the fire, add the yolks of two eggs slowly and nutmeg and lemon juice according to taste. It should be about the thickness of good cream, and quite smooth.

Spanish Sauce.—This sauce made according to most of the French methods is rather an elaborate affair, but there is a simpler way that answers for all ordinary use. Fry in a pan some fatty ham or bacon, with some carrots and onions chopped, until quite brown; dredge in some dry flour, and when very brown add a quart of good rich stock—beef is the best—a little salt and a bouquet of sweet herbs. Be careful of the salt, as the quantity of sauce decreases as it boils, but the salt does not. Simmer slowly for an hour and a half and skim off the scum as it rises. Strain the sauce, add a little madeira or claret to it, and set it away in a cool dry place. This will keep for a week or even longer.

Piquante Sauce. No. 1.—Put on the fire in a saucepan half a cup of vinegar; a faggot of sweet herbs, pepper, salt, a little thyme, some finely chopped capers, and two small green onions. Boil quickly for fifteen or twenty minutes, add a cupful of Spanish sauce or good rich stock. Let it boil for a few minutes, take out the faggot of sweet herbs, and it is ready to serve. A pickled gherkin chopped fine will do instead of the capers.

Piquante Sauce. No. 2.—Chop a shalot or small green onion into small pieces, put it into a saucepan with two ounces of butter, and cook until quite brown. Season with white pepper, salt, a faggot of sweet herbs, and a very little nutmeg. Add a dessertspoonful of flour, a tablespoonful of vinegar, and a half pint of good stock or brown gravy; cook until it thickens nicely and evenly like a rich cream. Strain it before serving.

English Sauce.—This is the one sauce by which we are known. But there is room for improvement even in this solitary one, for it is not difficult to bring to mind the pasty abominations usually served under this name. The following method will be found satisfactory. Mix until quite smooth, equal proportions of flour and butter, with boiling milk or water; add a very little salt, white pepper and a mere suggestion of nutmeg. Let

it boil for two or three minutes, and pass it through the strainer. Keep it hot until wanted, and just before removing from the fire, add a little cream and stir in with the whisk a good sized piece of fresh butter; it *must not* boil after this butter is added, but be served at *once*. For vegetables, such as cauliflower or asparagus, add lemon juice or white wine vinegar.

Genevese Sauce.—This is particularly good with fish, such as mackerel, and brook trout. Put in a saucepan two chopped onions, two cloves, a faggot of sweet herbs, and a tumbler of claret. Let these simmer until the onions are tender, then add a little good brown gravy, or rich stock. Let it simmer for an hour, and strain through a hair sieve. Boil it up again, add a pinch of sugar and a good lump of anchovy butter. If not dark enough, add a little of the *pastilles des légumes*.

Mayonnaise Sauce.—One always feels that this is rather an expensive sauce, on account of the quantity of oil required to make it really well; and indeed, if made in the fashion we once heard of, it might well frighten the careful housekeeper from trusting it to others, or attempting it herself. A gentleman who was keeping house for himself, upon looking over the house accounts, could not understand why there should be so many eggs and so many bottles of oil used per week in so small a household, the number of each being something

quite beyond belief. This gentleman had a liking for mayonnaise, and had ordered it every day in some shape for his dinner; upon making inquiries of the servants, he found most of the eggs and oil were used in the butler's pantry; so he had the man up, and after several questions elicited the fact that there was great difficulty in getting the mayonnaise "to go," and he had been obliged daily to make several attempts before getting the required smoothness, each trial spoiling two eggs and half a bottle of oil. That man was exchanged for one who had learned the secret. The art of making this dressing consists just in having that secret. The ingredients are one yolk of a raw egg, salt, pepper, and a little raw mustard. Mix these together with a silver fork in a large plate, add the oil slowly, little by little—it will take almost any quantity, but you must be guided by taste and the quantity required—mix by stirring one way until quite thick and smooth, and then add vinegar enough to thin a little. If there is any difficulty found in getting the oil to mix smoothly, add just a few drops of vinegar from time to time and keep stirring, and it will finally come right and avoid the necessity of the butler's repeated efforts. If he had known of this timely addition of vinegar he might have kept his place.

Tartare Sauce.—Prepare a mayonnaise as the

above, with the addition of a little cayenne and chopped parsley. This is particularly good with smelts, and salmon steaks.

Ravigote Sauce.—A teaspoonful of chopped chives, tarragon, burnet, and chervil, put into the saucepan with a little rich stock, pepper and salt; stir until quite boiling hot, add a little tarragon vinegar, and double the quantity of oil, mix thoroughly well, and put in a cool place until required.

Horse Radish Sauce.—Grate a root fine, add some rich milk or cream, a little sugar, salt, and some vinegar, mix all well and put on the fire with a little veal stock; simmer for a few minutes, and it is then ready.

Cream Sauce. No. 1.—Mix well together a cup of butter and two tablespoonsful of sifted flour, when well mixed, add a gill of cream. Then pour into this mixture sufficient boiling water to make it only of the thickness of good cream, and finish with a little lemon juice. When used for artichokes, the smallest possible addition of nutmeg is very nice, but the flavour must be only just perceptible.

Cream Sauce. No. 2 (for Puddings).—Mix well together one tablespoonful of butter and ten of powdered sugar, when quite light, add the white of one egg well beaten, and sherry to taste. If required to be hot, add a cup of *boiling* water, stirring

briskly, a cream will then come to the top; in this case more sherry must be used.

Sauce Robert.—Put two medium sized onions chopped very fine, with a large lump of butter in a stewpan; let them brown well, constantly stirring, add a tablespoonful of flour mixed with half a pint of good stock, salt and pepper; cook about five minutes, add a teaspoonful of mixed mustard and one of vinegar.

Sauce for Venison Steak.—Put one cup of stock, a small teaspoonful of salt, half a one of pepper, and a very little cayenne, two or three cloves, and a few allspice in a saucepan; let all boil up, then stir in a piece of butter half the size of an egg, in which a teaspoonful of flour has been well mixed, one teaspoonful of currant jelly, one wineglassful of claret. Heat it once more, pour it over the steak through a strainer so as to remove the whole spice.

Bread Sauce.—Put in a saucepan half a pint of bread crumbs, and the heart of a large mild onion chopped, and a little salt, with three quarters of a pint of milk; boil this until the onion is tender, pass through a hair sieve, and if too thin, boil until thick, add a little nutmeg, one ounce of butter and two tablespoonfuls of cream; send to the table as soon after this as possible.

CHAPTER X.

OMELETTES AND EGGS.

THERE are said to be six hundred ways of preparing eggs for the table. We do not care to give them all, but here are a few.

The following dishes are only economical when eggs are plentiful; we do not recommend them when eggs are fourpence a-piece.

Plain Omelette.—To make a good omelette is not difficult, but does require a certain knack and a light hand. The following directions will ensure, as much as possible, a good one. Put about a tablespoonful of butter into an omelette pan (it is best always to keep a special one for this purpose) and set it far back upon the stove to melt. Break the eggs, separating the whites from the yolks, into two bowls, beat the yolks with a little salt and a small piece of butter until smooth, and the whites to a *stiff* froth. Pour the yolks into the whites and mix slowly, not stirring the mixture

round, but over and over ; pour this into the pan, stirring it with a large fork, removing the edges of the omelette as fast as it cooks to the centre of the pan ; you will then finally have a mass in the centre of the pan ; remove it to the dish by slipping it off the pan, but do not try to take it off with either spoon or fork. Judgment must be used as to the degree of hardness or softness required, and as to the time for lifting the pan from the fire to keep the omelette from browning too quickly. It should be served at once.

This recipe includes all omelettes, the addition of chopped parsley, onions, tomatoes, asparagus, mushrooms, ham, or any mixture of these added, making the different kinds required ; a sweet omelette is made the same way, putting the jam in the centre and folding the edges over it, instead of mixing it all together, slipping on to a dish and serving it at once.

Oufs sur le Plat.—These are cooked and served in the same dish. Have a flat earthenware dish nice enough to send to table ; into this put a small tablespoonful of butter—nice fresh butter—put it upon the stove, and when the dish is quite hot and the butter melted, break into it three eggs, sprinkle with a little salt and white pepper, let them cook for a few minutes, and then place them, if you can, where the heat of the

fire can reach their tops so as to brown them slightly. Serve at once.

Eggs with Tomato Sauce.—Same as above, with tomato sauce (see page 85) heated and poured over the top.

Fried Eggs.—To be properly fried these should be turned into boiling fat or lard ; first break the eggs into a cup, turning the cup over when putting the egg into the fat so that it holds the egg down and covers it, the cup can be removed in a minute when the egg is set ; remove each when done, sprinkle with salt, pepper, and a little chopped parsley.

Scrambled Eggs.—Break six eggs into the frying pan, with a little milk, a tablespoonful or more of butter, salt, pepper, and a *very* little nutmeg ; stir until thoroughly mixed and the eggs begin to set ; when done take off the fire, serve on buttered toast, sprinkled with chopped ham, parsley, or asparagus, either being very nice ; or if preferred, alone in a deep dish with sippets of toast.

Purée of Eggs.—Beat the yolks of seven hard boiled eggs in a mortar with one and a half ounces of fresh butter, a little chopped parsley, salt and pepper to taste, add the yolks of three raw eggs. Mince the whites of the boiled eggs very fine, toss them over the fire with a pint of good stock till they become

rather thick, press the pounded yolks through a cullender into the centre of a moderately deep dish, pour the minced whites round them—and put as a garnish some sippets of bread brushed over with a beaten egg. Put the whole into the oven to brown, and serve very hot.

Stuffed Eggs.—Cut some hard boiled eggs in half, remove the yolk, and mince them with a few olives, capers, and one or two anchovies thoroughly mashed, add a little tarragon vinegar, and pepper. Fill each half of the eggs with this mixture, put in a dish, pour some clarified butter over them and warm them in the oven. Put under each half egg a sippet of bread fried to a delicate brown.

Eufs a la Tripe.—Cut some onions in slices, dip them in hot water, then into melted butter, put into a pan, add a tablespoonful of flour, pepper, and salt, moisten them with a cup of milk or good stock; stew them slowly for half an hour. Take six hard boiled eggs, cut the whites in slices, mix with the onions, cut the yolks in half and lay them on top of the onions and whites; serve as hot as possible, garnish with dry toast and parsley.

Hashed Eggs.—Boil two eggs until hard, when done, put them into cold water. Put one tablespoonful of butter into a saucepan, with a small

onion or shalot chopped fine. Stir over the fire until the onion begins to brown, add a piece of mace and a bay-leaf, then a little flour and a claret glass of good stock, pepper and salt; stir until it thickens. Strain the gravy into a clean saucepan, remove the shells from the hard-boiled eggs, cut them into slices and lay them carefully in the gravy, and put them on the fire to get hot; pour into a deep dish when ready to be served.

Oufs au Gratin.—Sprinkle thickly some baked bread-crumbs and Parmesan cheese, pepper and salt, on the bottom of a well-buttered dish, lay on this slices of four hard-boiled eggs, again the bread-crumbs, &c. Put a little butter on the top, and put the dish in the oven, and serve as soon as the top begins to brown.

Oufs en Matelote.—Put a good-sized piece of butter or lard into a saucepan; when it is melted add a dozen small onions whole, let them slightly colour, then add a little white wine and stock in equal quantities, pepper and salt to taste. Add a sprinkling of nutmeg and a small faggot of sweet herbs. Let all simmer gently for twenty minutes, then strain out the onions and herbs. Break as many eggs as you may require into the same, and poach them in it one after another, laying them carefully on a hot buttered dish as done; place the onions around them; thicken the

sauce to a proper consistency, darken with the pastille if necessary, pour over the eggs, and serve all as hot as possible with sippets of toast as a garnish.

Codfish and Eggs.—Take equal parts of fish and cold potatoes. Slice the potatoes very thin and pick the fish in bits; take three or four hard boiled eggs, slice them, being careful not to break them. Take the dish and place in it layers, first of potatoes, then fish, then egg, sprinkling a little pepper and a few bits of butter on each layer. Fill the dish in this way, cover with cream or rich milk, turn a plate over it and stand it where it will cook one hour slowly. Eat with buttered toast.

Omelette Soufflée. — Beat separately the whites and yolks of six eggs, the whites until stiff, and the yolks until smooth; add the yolks gradually to six tablespoonfuls of castor sugar, and beat until it ceases to froth and is thick and smooth; stir together with the juice of one lemon and half the rind grated, and a very little salt. Pour into a well-buttered dish which must be warm enough not to chill the eggs, and bake in a quick oven five or six minutes; send to the table at once, letting each person help himself before it falls.

Baked Omelette.—Heat three gills of milk with a dessertspoonful of butter, wet a tablespoonful of

flour and a teaspoonful of salt with a little cold milk. Beat four or five eggs well, mix with the flour and cold milk, then add the hot milk, stirring very fast. Put the mixture in a buttered deep dish, just large enough, and bake in a quick oven fifteen or twenty minutes. Serve in the same dish as soon as possible.

CHAPTER XI.

ODDS AND ENDS.

IN this chapter we include dishes that may be used as relishes, with some for lunch or breakfast. We also explain a few things—such as what constitutes a faggot of sweet herbs, a roux, a marinade,—which may not be known to all, and are yet really very simple.

Cheese Soufflé.—This dish must be sent to table direct from the oven in the pan in which it has been baked, as it falls if kept standing. Beat separately the whites and yolks of two eggs, add to the yolks one tablespoonful of sifted flour, two of grated cheese (American is best), a pinch of cayenne, one of salt, and one cup of milk; when well mixed, add the whites beaten to a froth and stir briskly, pour into a buttered shallow pan, and bake in a quick oven until a rich brown,—about fifteen minutes.

Roe Toast.—Have ready some slices of buttered

toast, neatly cut ; upon these place the soft roes of fresh herring, adding a little *maitre d'hôtel* butter to each. The roes are to be cooked first by putting them in a shallow pan with a little butter, pepper, and salt on each, and baking in the oven for a few moments.

Anchovy Toast.—Buttered toast with anchovy paste spread evenly over each piece. They should be heated just a moment in the oven before serving.

Grilled Sardines.—Grill about half a dozen sardines, sprinkling with a little salt and cayenne, and a few drops of lemon-juice. Place on some hot buttered toast, and serve at once.

Pork and Beans.—Put a quart of haricot beans to soak in cold water overnight, pour off the water in the morning. Put them in a saucepan with enough fresh cold water to cover. Add a pound and a half of bacon or salt pork and let all simmer gently until the beans are quite soft, adding more water if they boil dry. Remove the pork, scoring it neatly, and place it in the centre of a deep dish. Pour off the water from the beans, leaving only enough to keep them moist and soft, and let them boil until nearly a mash. Now turn them into the dish containing the pork, around but not over the pork, and put the whole into the oven to bake for about twenty minutes, until it is

a nice brown. This is a hearty and very satisfying dish, and one could make a satisfactory lunch from it alone.

Vegetable Fry.—Cut up a couple of onions, and fry to a light brown in some butter; add equal parts of cold boiled potatoes and cabbage or any other vegetable you happen to have, season with cayenne and salt, and fry for ten or fifteen minutes. This is very nice for lunch.

Baked Mushrooms.—Skin and clean some fresh mushrooms. Dip each one separately in some melted maitre d'hôtel butter and lemon juice, roll them in bread crumbs, put them on a buttered dish, and brown them in a hot oven.

Faggot of Sweet Herbs.—A few sprigs of parsley washed clean, one of thyme, and two or three bay leaves, tie all in a roll with a bit of thread, and you have the little object that gives so much flavour to sauces, stews, soups, and nice dishes in general.

Marinade.—This is a souse or pickle, and is really only used for dishes requiring very careful preparation; it is seldom required for the ordinary cooking, and had best be left to professed cooks. Here are two: No. 1, parsley and onion chopped with pepper and salt, mixed with the juice of a lemon. No. 2, onion, a faggot of sweet herbs chopped, and mixed with pepper, salt, oil, and vinegar.

Roux.—The roux is made by mixing butter and flour on the fire until it browns; if required to be white it must still be heated, but not browned.

Pastilles de Légumes.—There is a nice French preparation called “Pastilles Carpentier,” to be had at most grocers, which is very good for colouring gravies, stews, and any dish that may require a dark rich colour. They are much nicer than the burnt onion or burnt flour so often used, and have none of the disagreeable taste. Of course they must be used with discretion.

Liebig's Extract of Meat is very often used with good effect for helping out a poor stock, and adding richness to a gravy; but it is rather expensive for the economical housekeeper, and should be only used when no home-made stock is to be had.

Bits of Ham and Tongue.—It is often difficult to know how to use the fag end of a ham or tongue so as to make it inviting. If either, or even a mixture of both, is chopped fine with parsley, pepper, and a little onion, fried together, put upon buttered toast, and a poached egg placed upon the top of each portion, it makes a nice dish; or chopped, with hard boiled eggs, pepper, and parsley, and a little stock added, warmed in a saucepan and put into a shallow dish of good paste ready baked for it, will make another equally good dish for lunch.

Cold Mutton.—There are four ways of doing up cold mutton that we think will be acceptable to any one finding this a weekly problem difficult to solve satisfactorily. 1. — Curried mutton (see page 39). 2.—Make a puff paste, as for vol au vent, prepare a stew of mutton, by cutting it into small pieces, adding sufficient stock to cover it, and, setting it on the back of the fire, let it *simmer* for two hours, not *boil*. Add salt, pepper, and a faggot of sweet herbs, occasionally stirring it. Just before it is wanted add a little flour and half a tin of mushrooms, and a little pastille if it is not dark enough. Let it heat up, and put into the paste already prepared for it. This is a delicate form of mutton pie. 3.—Cut off the cold mutton such pieces as you can, pear-shaped. Put them to soak in cold water for an hour on the back of the stove, take them out, roll in bread crumbs and egg, and fry a light brown; make a nice gravy from some stock, and have ready some nicely prepared spinach, around which arrange the mutton and pour the gravy over all. 4.—Make an old-fashioned Irish stew (see page 107), to which add half a tin of tomatoes. The secret of this is to let it gently simmer for hours, and not to boil it at all.

Cold Beef.—Six ways of doing up cold beef into very nice dishes. 1.—From whatever part of the

animal the beef may be, make it as good a shape as possible, by which we mean, cut off any straggling ends,—if a rib piece, take out the bones, skewer it round and make it as neat as possible. Put this in a stewpan with enough cold water to cover it, set it on the back of the stove to simmer for three hours. Boil some onions, carrots, turnips, celery, or any kind of vegetable, salt them; when done, chop very fine, add them to the meat about half an hour before it is wanted, with half a teaspoonful of ground cloves, a little mace, pepper, salt, and some nutmeg, with flour enough to thicken. Colour with pastille. Let all be thoroughly mixed, and well heated. Put the meat in the centre of the dish, and pour the gravy and vegetables over it. A teaspoonful of Worcestershire sauce is an improvement. 2.—If the beef is underdone, cut off some rather thick slices, broil, pepper, and spread over with anchovy paste; make a good gravy, and pour over all. Serve as hot as possible. 3.—Prepare the beef as for No. 1, only using stock instead of water. After it has simmered two hours in the stock, remove it, and make a sauce piquante, No. 1 (see page 88), with the liquor remaining, pour over the meat and garnish with pieces of gherkin. 4.—Cut the beef into pieces about two inches square. Let them simmer for an hour in some

stock,—if you have no stock a little Liebig and water will do,—then remove each piece, wrapping it in a thin slice of bacon, place in a pan with a little of the stock and put in the oven until the bacon is cooked ; while these are cooking, brown the gravy in which the meat was cooked, adding a little pepper and salt. When the bacon rolls are done, place them on a hot dish and pour the gravy over them. Garnish with parsley. 5.—*Kromeskeys*.—This recipe has been given in the chapter on entrées. 6.—Cut the beef into slices, make a nice stuffing of sausage-meat, bread crumbs, chopped parsley, and thyme, a little fried onion, pepper and salt. Put as much of this dressing in the centre of each piece as it will hold ; roll and tie with a string, and simmer in some stock and water for an hour ; then brown in a pan in the oven, only for a minute or two, and make the gravy as in No. 4, pouring it over them on the dish on which they are to be served.

These six dishes are very nice if well and carefully prepared and if the meat has not been over done at first cooking. It certainly is a compliment to the dish and to the cook for the partakers of it not to recognise an old friend of the day before in a new dress ; but this of course depends upon the care bestowed upon it.

Hominy is a substance somewhat resembling a very

coarse farina, and is made from the inner part of Indian maize, and is imported from America. It is often liked by those who do not care for oatmeal porridge, and eaten with milk and sugar, or sugar and butter, or salt and butter, for breakfast. Cooked as oatmeal porridge, and eaten like that with milk and sugar, it is a welcome dish for children. It is very cheap, costing only nine-pence per bag and can be had from any of the large grocers that import largely from America. If boiled with salt and water until about as thick as porridge, poured into a deep dish, and allowed to cool, it can be used the next day for breakfast, by turning it out of the dish, cutting it into slices about three-quarters of an inch thick, and frying it with beef or bacon dripping until it is a rich brown. It is then eaten with bacon or butter.

Irish Stew.—This is a nice dish for lunch, and in it we can utilise many scraps of meat that otherwise would go into the stock pot. Put together into one pot any nice bits of meat, plenty of sliced onion and double the quantity of raw peeled potatoes, salt and pepper, and a quart of good stock or water; let all these simmer for two or three hours, when dredge in enough flour to thicken the gravy, and add a wine glass of Worcestershire sauce. The potatoes will be boiled to nearly a mash, but that is the proper thing for this stew.

Paste.—The art of making good pastry cannot be taught by any given rules, for two people following exactly the same rules will produce quite different results; the difference consisting in the way it has been handled, the amount of judgment used (an essential ingredient in all cooking), and the care taken with it. The following directions are only to start a beginner on the right way, the art will come with attention and practice.

Plain Paste (for Tarts).—Put a goodly heap of sifted flour on the board, making a hole in the centre, into which pour cold water; mix the flour with a knife until the whole is a thick paste. Dry it with more sifted flour until the board is dry, and you can take up the paste in your hands. Roll it out, spread it over with butter, fold the four corners over, and roll out again; repeat this four or five times, until you think the paste is rich enough; set it away to cool, and then give it another roll or two, spreading as before with butter. The butter should be cold, and as little handling as possible is best. A piece of marble is better than a board to roll it out on. If the paste is for meat pies, less butter, and some lard, and dripping, with salt, can be used; if the paste is for boiling it does not require to be at all rich.

Puff Paste is made in the same way, only use more

butter at a time, and carefully fold the paste over every time of rolling, being sure the butter is cool, and that the paste is left to cool between the times from the heat of the hands. It is best to make it away from the heat of the kitchen.

Stuffed Olives (a relish).—Chop fine some parsley, a small piece of onion, ten capers, and the yolk of a hard boiled egg. Put them with one ounce of butter, one tablespoonful of oil, half a teaspoonful of anchovy paste, and a little cayenne, in a mortar, pound all well together, and set in a cool place. Remove the stones from the olives, and fill with the mixture.

Welsh Rabbit.—Grate some good cheese into a small stewpan, put it on to the stove, and add half a cup of ale; when it is melted and mixed quite smooth, add a little dry mustard, and pour the whole on to some slices of hot toast that you have prepared. Some people add to each piece a nicely poached egg, which, for supper, is very nice. This dish should be made quickly and at once, to be really good.

Cheese Straws.—Mix together some dry flour, a little cream, some grated Parmesan cheese, a piece of butter the size of a small egg, some salt, pepper, and a very little nutmeg and cayenne. Mix this into a paste, roll it out about an eighth of an inch thick, cut into straws with a sharp knife, lay them in a buttered tin, and bake

them a light straw colour in the oven. These are intended to be eaten with salad or celery.

Cheese Pudding.—Boil a pint of milk, pour it over one pint of grated cheese—not a rich cheese—and one pint of bread crumbs mixed; stir in quickly two well beaten eggs, and set all on the back of the stove to melt, stirring occasionally; ten minutes before it is wanted pour it into a buttered pan, bake in a quick oven to a rich brown, and serve at once.

Toasted Cheese.—Cut a quarter of a pound of mild American cheese into thin slices, put these in a pan about an inch and a half deep, cover the cheese with milk, add a little salt and pepper, and bake in the oven. Stir the mixture once before it begins to brown, and serve it in the dish in which it was baked. Some think a saltspoonful of mustard mixed with the milk an improvement.

Breakfast Rolls.—These are not so good as the French rolls, but are a very nice addition to the breakfast table, if no fear of eating hot bread is felt. To each pound of sifted flour add three teaspoonfuls of baking powder, add a tablespoonful of lard, rub it into part of the flour well, then wet the mixture with enough milk or water to make it as smooth as paste, add the rest of the flour, and roll it out into a paste about half an inch thick, cut it into oval shaped pieces,

wetting one edge and folding the other over it, so as to leave the under side slightly projecting. Put them into a buttered tin, brush the tops with fresh milk, and bake in a hot oven.

Pulled Bread.—Take a loaf when it is about half baked from the oven, and while it is yet hot, pull it apart into rather small pieces, put them into a shallow pan, and brown carefully in a slow oven.

Batter.—This is a preparation in which to dip croquettes, aubergines, oysters, or anything which requires to be first coated before frying; one cup of milk, a teaspoonful of flour, one egg, and a little salt.

Haggis.—Take the stomach of a sheep, wash it in cold water, turn it inside out, scald it and scrape it with a knife quickly, and then put it into salt and water until wanted. Take the heart, liver, and lights, grate the liver, and mince the other parts quite fine, mince also one and a half pounds of suet, one and a quarter pounds of round oatmeal cakes, one onion, (the cakes to be toasted and pounded into powder) mix all well together, season highly, and salt; then fill the stomach, and before sewing it up, put in a large teacupful of any kind of strong broth or gravy. Sew up the bag neatly, and put it into a pot holding enough boiling water to cover it, with a small plate under it; prick it over with a needle to keep it from

bursting. Boil four or five hours, keeping it well covered with boiling water.

To Remove Stains from Linen.—Boil the part of the garment in milk until the stain disappears. This with a table cloth or any large piece requires so much milk, that for large things the following is perhaps better.—Dissolve two ounces of chloride of lime in one pint of cold water, and two ounces of sal soda in the same quantity of water, then mix, and let stand until clear, then bottle and cork tightly; when used, add one-third of clear water to the quantity required.

Rule for Beating Eggs.—After the eggs are beaten, the whites separately, turn them into your mixture the last thing, the yolks first, and give a last beating to the whole, stir in lightly the whites, and do not touch again before cooking—this ensures lightness.

Soft Soap.—In washing dishes it is better to use soft soap than the yellow bar soap, as the former dissolves in the water perfectly, doing away with the danger of ever finding a piece of soap adhering to either spoon or fork, which, unlikely as it may seem, does happen occasionally, if one has the misfortune to have a careless servant. Save all the grease that you cannot use for dripping; when you have five pounds of it, place it in a stone jar. Make a hot lye by boiling four pounds of potash in one gallon of water. Pour

this on to the grease when boiling hot. Mix it well, and let it stand for a day, or until the lye has eaten up all the grease, then add a quart of soft water.

Fresh Chutnee.—Cut in thin slices some small green tomatoes, chop a quarter of an onion as fine as possible, and cut two green chilis into thin rings; mix these well with some salt, and pour on enough vinegar to moisten.

Apple Chutnee.—Grate a green apple, add two red chilis, as above, with a little chopped onion, salt and vinegar.

Pilau.—Put a small ham to soak overnight, the next day wash and scrape it well. Cover with cold water, and let it boil until done. Take it out, skin it, cover it with brown sugar, and then bread crumbs, and put it in the oven until tinted brown. Prepare two fowls for boiling, and cook in the same water, with a little more fresh added, that was used for the ham. When quite done, take them out and keep them warm, still saving the water, in which boil two pounds of rice until tender, adding a very little whole allspice and some cayenne. When the rice is done, put it on a large flat dish, and place the fowls on top. Serve the ham on a separate dish at the same time. It is better to boil the ham the day before, thus giving you an opportunity of removing the fat that

collects on the liquor from the ham, and if tasting too strong of the ham to take away some of the liquor, making up with fresh water.

Rough estimate of weight by measurement :—

Wheat flour—one pound is one quart.

Indian meal—one pound two ounces are one quart.

Butter—one pound is one quart.

Loaf sugar—one pound is one quart.

White powdered sugar—one pound one ounce are one quart.

Brown sugar—one pound two ounces are one quart.

Ten eggs are one pound.

A common tumbler—half a pint.

A small teacup—one gill.

One teaspoonful—forty drops.

Maitre d'Hotel Butter.—This is a piece of butter with which is thoroughly mixed some chopped parsley, pepper, and salt, and sometimes a little garlic is added, but only a *very* little.

Condé Crusts is only another name for fried bread, which should be cut into nice squares about the size of dice and delicately fried in a little butter.

CHAPTER XII.

INVALIDS' FOOD.

GOOD nursing and good nurses are such important auxiliaries to the doctor, that we know were it not for their aid at certain critical points in serious illnesses the doctor's skill would be often unavailing; he may prescribe what is to be, what ought to be done, but it is the good nurse who carefully and intelligently follows the instructions which he cannot stay to see carried out, upon whose judgment and ability so much depends.

Many are placed in this trying position with willing hearts and hands, but lacking that experience which gives them confidence in their own ability. If these few subjoined recipes aid any such woman in doing her part in such a position, they will have repaid any trouble taken in gathering them. It should be remembered that neatness and delicacy in the manner of serving food to an invalid is of the greatest importance. Even the look of things often affects

the feeble appetite. Clean napkins, bright silver, and pretty china are all aids to a weak and delicate appetite. In case of serious illness the doctor had better be consulted in regard to all food for the patient. It is as well to know though, what you would like to prepare, and then to consult him as to the advisability of giving it to the invalid. In very ordinary cases most of the following simple dishes will be not only harmless, but beneficial.

Beef Tea.—From a pound of good lean beef remove all particles of fat, cut into small pieces, and put into a stone jar without water, covered tightly, and place in the oven for three or four hours. When all the juice of the meat has been extracted, pass it through a napkin, pressing the beef gently, and warm it again, add a little salt and seasoning according as the patient is allowed to have it. This is the strongest tea that is made, it can be diluted if required by adding boiling water, and made very agreeable by the different ways of seasoning.

Chicken Broth.—Cut a fowl into pieces, then chop it up, bones and all, put this in a stewpan with sufficient cold water to more than cover, let it come to the boil, then set it on the back of the stove and let it simmer for two or three hours; add salt and white pepper, then strain through a napkin, adding a little

boiled rice and parsley if it is allowed. This is more extravagant than if the fowl is simply cut up, and not chopped, as it can then be used for some salad or made dish, as ingenuity suggests; but using the whole of it makes a more nourishing broth.

Beef Juice with Toast.—Broil a rump steak over a hot fire until it is only just nicely browned and hot through, cut it into pieces and press it, to get all the juice out of it; season this with salt and a little pepper, pour it over some nicely made toast, on a hot dish, and serve as hot as possible.

Farina Gruel.—Stir two tablespoonfuls of farina into a quart of water in a milk saucepan, let this boil until it has grown quite thick, add a pint of milk, a little salt, and let it boil fifteen minutes longer, turn out into a bowl and sweeten to taste. This is very nourishing.

Oatmeal Gruel.—Put a pint of boiling water into a saucepan, into this stir a couple of tablespoonfuls of oatmeal until quite smooth, let this boil well for ten or fifteen minutes, season with salt, then strain through a strainer and add a little port wine and sugar if the patient may have it.

Arrowroot Gruel.—Mix a tablespoonful of ground arrowroot with some cold water, enough to make a paste, pour into this a pint of boiling water, stirring

it well, set it on the fire to boil, add a little salt, sweeten to taste and serve hot.

Jelly is made in the same way, only add a little more arrowroot and the juice of one lemon, boiling the rind with it. When done, remove the rind, add a gill of brandy, pour into a mould which has been first dipped in water and set aside to cool. This is to be eaten with cream and sugar, and is very nourishing.

Rice Caudle.—Mix a tablespoonful of ground rice with a little cold water, into this pour a pint of boiling water, let all boil for ten or fifteen minutes, add a little salt, sweeten it, and flavour with nutmeg.

Cocoatina is a valuable aid in restoring strength, as it is free from any oil and is very nourishing; it may be made with boiling milk, which is best, or with boiling water. One teaspoonful of grated Chocolat Menier to each cup is a great improvement.

Chocolate Jelly as given in our chapter on sweets is a nice and strengthening dish available for invalids. If too rich, the cream may be omitted.

Egg Soup.—Beat an egg until quite smooth, stir it into a pint of any kind of hot meat broth entirely free from fat, season with salt and pepper, into this put some dry toast cut into neat small squares and serve as hot as possible.

Scalloped Oysters, as in our chapter on entrées

(page 46), with perhaps less butter, form a savoury and easily digested article of food. Fresh oysters are the best, but of course can only be had at certain seasons of the year, and are never very cheap.

Flaxseed Tea.—Put two ounces of flaxseed into a quart of boiling water, to this add the juice and rind of two lemons, two sticks of liquorice root, a little sugar, a very little salt, and thin with boiling water until of the proper consistency to drink, strain it through a strainer to remove lemon and liquorice root. It is best if kept warm, not hot, although many like it cold. It is very refreshing to those having a rough throat, and suffering from severe colds.

Jelly Water.—Any kind of jelly water is made by dissolving a teaspoonful of jelly in a glass of fresh cold water. Let the patient take but a small quantity at a time, as it satisfies the thirst as well as if taken in large quantities, and will not be injurious.

Iceland Moss Milk.—Dissolve an ounce of Iceland moss in a pint of cold milk, then add a quart of boiling milk, reduce it by boiling, add a little sugar and vanilla, set it to cool, and use as a drink. If too thick, increase the quantity of milk.

Roast Chicken.—Prepare the chicken, which should not be a fat one, as for broiling, viz., split it down the back, break the joints and breast-bone with the rolling-

pin, and make it as flat as possible. Place it on a couple of slices of bread in a pan in a hot oven, baste it once or twice with a little stock, no butter. Serve as soon as done.

Fresh Tomatoes.—If fresh fruit is allowed, these cut into slices, laid on the ice for a few minutes, dressed with oil, salt, and vinegar, are often found tempting to a weak appetite, of course supposing that the patient has no dislike to tomatoes.

Panada.—Break half a dozen milk biscuits into small pieces in a bowl; pour over them some boiling milk or water until the bowl is full, cover it over with a plate, letting the biscuits soak and when they are quite soft, add sugar to taste.

Toast Panada is made in the same way, substituting water for milk. Care should be taken that the toast is very brown, but not in the least burnt, as it then has an unpleasant taste.

Mutton Broth is not so strengthening as beef tea, but is very good, and is of great use when strength is not desired. Prepare the same as the chicken broth, only adding a little onion if vegetables are not forbidden, and a little barley that has been boiled in another water; salt and pepper to taste. Serve with toast instead of bread.

Stewed Apples.—If fruit is permitted, here is a nice

way of preparing apples. Peel and core six good sized cooking apples whole (it depends upon the kind of apple whether this dish is nice or not); put them in a stewpan with enough water to cover them, a cupful of sugar, some slices of lemon, a little stick of cinnamon (the cinnamon may be omitted if the patient is not allowed spices), and let them simmer gently until the apples are done, which you can tell by running a straw through them; remove them from the syrup, which is to be strained and put back into the stewpan, add half a cupful of sugar, with a teaspoonful of vanilla, and allow it to boil up, then remove and pour over the apples in a glass dish. When this is cold it is ready to be eaten.

Tapioca Cream.—One heaped-up tablespoonful of small tapioca to half a pint of milk; let this stew gently till the tapioca is nearly dissolved in the milk, flavour delicately with salt, sugar, and a little stick cinnamon, set away to cool, then remove the cinnamon. Before it is served, beat up well one gill of double cream and add to the tapioca with one tablespoonful of brandy. This is very nice with stewed fruit for lunch, or a simple dinner. To be eaten cold.

Boiled Custard.—Boil one pint of milk with sugar and any kind of flavouring you like. Beat four eggs well and add them to the milk when cool. Pour all

into a well-buttered tin mould and boil from twenty to twenty-five minutes, then let it stand twenty minutes before turning it out of the mould. For the sauce, boil the thickly-cut rind and juice of one lemon in a little water, sweeten to taste, and when hot pour round the pudding.

Cold Milk Toast.—Place in a flat pan some slices of stale bread, let them get dry and of a nice brown in a good oven; then pound almost to a powder in the mortar, fill a bowl half full and pour over them some cold milk, salted. This can be eaten with salt or sugar, and is very good in cases of dysentery.

CHAPTER XIII.

BAKING, BOILING, ROASTING, AND MARKETING.

WE can only give a few general rules for these, as they require a certain amount of actual experience and a few trials will teach more than volumes of advice; but a few general directions may be of some use to a beginner. It is needful to repeat that judgment *must* be used, for it is the possession of this faculty that makes or mars a cook, in spite of the fact that many people who like to have all their thinking done for them, deride the idea of a recipe saying anything about judgment. If we could buy judgment tinned or bottled like our herbs, and supply it to our cook according as we found her lacking, what much better cooked meals we should have! In buying meat we are very much at the mercy of the butcher, unless we know his trade as well as he does, which will not be likely, but it is as well to know that good meat in a proper condition for cooking should be of a dark

red colour, with the fat a pure white ; if the meat is a bright red, it is too fresh and will be hard. The best parts of both beef and mutton have the fat ingrained with the meat, and are hard and firm. Lamb should be soft, white and pink ; if it is hard, it is too old. If there is any danger that your meat has hung too long and is slightly tainted, wash it in charcoal and water, wipe it dry, and cook it at once. This will remove any danger of an unpleasant smell, if the meat is not too far gone for eating. One book we have seen recommends wiping it with a cloth dipped in pro-ligneous acid ; this we have never tried, though it is highly spoken of.

Meat for roasting should never be very fresh, it should always be kept hanging as long as the weather permits (here judgment is much needed), in some dry cool place, but not so cold that it will freeze ; if that has happened, it should be stood in a warm place before cooking.

Veal and pork should always be well cooked, they take more kindly to long roasting than any kind of meat, and should be allowed five minutes longer to the pound than beef or mutton.

It is a very good rough-and-ready rule to allow fifteen minutes to every pound of meat for roasting, if it is a very large piece, fifteen minutes extra for the whole should be allowed.

If you can once get your cook to realise the difference between boiling and stewing you will have accomplished much towards a good dinner ; so many cooks cannot, or will not, realise the importance of the distinction. Fast boiling of meat especially, hardens it, and if it is to be any kind of ragout, utterly spoils it. Gentle stewing, adding a little cold water from time to time, will soften the hardest meat. If the piece to be boiled is a large one and you wish to keep all the juice in the meat, put it into boiling water at once, skim the scum from the water as it rises to the top ; after boiling well, set it back on the fire and let it gently simmer until done. The same rule as to time for roasting, applies equally well for boiling. If you intend saving the water in which the meat has boiled, for soup, do not boil the vegetables with the meat, as they make the stock cloudy, and in warm weather it is apt to turn sour.

How to boil a Ham.—If the ham is smoked or dry, let it soak well for twelve hours, then place in fresh cold water, let it come slowly to the boil, and boil gently till tender, allowing about ten minutes for each pound ; then remove from the water,—which if not too smoky is to be saved—take off the outer skin carefully, and if wanted cold, let it lie in the water in which it was boiled until quite cold, then remove, dredge with

burnt bread crumbs, and stick in cloves at regular intervals, until the surface is evenly dotted. Cover the bone at the end with fringed paper.

If you try to do the choosing of your own fowls, the probability is you won't handle them, but you can see if they have red combs, finely-marked skin, and are plump, with a soft breast-bone.

Fish should be firm and have a bright eye, when the eye is dull, and it is soft, the fish is stale. Salmon to be a good colour should be put into *boiling* water with a little salt and vinegar, this helps to keep it firm, and to preserve the colour.

Vegetables should be as fresh as possible, though all town dwellers are much at the mercy of their greengrocers. Roots can be kept in a cool dry place for a long time without injury, and green vegetables also are better kept in the same way than by being put in water, although sprinkling them with water does not hurt them. Wash all vegetables in warm water.

Frying is done with boiling fat, beef fat is best, enough to cover the things to be fried. When a small quantity of dripping or butter is used it is called dry frying. If you want a rich golden brown, put enough beef fat or fresh lard into a deep saucepan to fill it half full. When it begins to smoke try a piece of bread in it, and if it colours it quickly and nicely it

is just right, but the fat may become too hot, of which you must be careful. When cold, the fat is perfectly good to use again, that is, if you have done the frying carefully, and have not burnt it. A wire basket that goes easily into the saucepan, in which a few pieces can be fried at a time, is most convenient and prevents the risk of breaking the pieces fried. These should be laid on a cloth before serving, so as to absorb the little fat that adheres to them. This frying is for all croquettes, or things dipped in batter that require even and delicate frying.

For broiling, care should be taken that the fire is bright and clear, so that no smoke may come near the thing to be broiled. Rub the gridiron with fat to keep the meat from sticking, and turn the meat as often as is necessary to cook it, and yet to keep it from burning; a small pair of tongs to turn the meat with are much better than using a fork, as wherever you put a fork into the meat the juices escape, but even with the tongs it must be turned carefully to prevent this, as pressing it too hard is as bad as using the fork.

For a stew, if the meat is tough, let it lie in vinegar and water for a little while before putting on the fire, and when nearly boiling add a little cold water; do this once or twice and let it simmer well.

To boil rice properly a *large* saucepan and *plenty* of water must be used ; throw in cold water a cupful of nice clean rice that has been washed and freed from all seeds, etc., add a little salt, and when the rice begins to feel soft in about twenty minutes pour off all the water, and shake it over the fire in the saucepan until each grain is separated from the other. No cover should be used either for the saucepan or the dish.

Black man's recipe for boiling Rice.—Wash him well, much wash in cold water, the rice flour make him stick. Water boil already very fast, throw him in, rice can't burn, water shake him too much. Boil him quarter of an hour, perhaps a little more, rub one rice in thumb and finger, if all rub away, him quite done. Put rice in a cullender, hot water run away, pour cup of cold water on him, put rice back again in saucepan, keep him near the fire, then rice all ready, eat him up.

Bacon Dripping is a most useful thing in cooking, and if not too much smoked can be used for many sorts of frying, and is often as good as larding for fowls and game. Let the breasts be covered with it, and the fowls well basted, and they will be as tender and juicy as if they had been larded with the best pork. A small piece put into stews or meat pies is a great help, particularly if the meat has been cooked before, only

remember, it must not be very much smoked. It can also be used in making pastry for meat pies with great advantage.

It ought to be quite unnecessary to repeat constantly "Put this in a *clean* dish;" "Use a *clean* towel"—when of course it goes without saying that all things used in cooking *ought* to be scrupulously clean; how often this is not the case it is as well perhaps we do not know or inquire. Above all things, we hope housekeepers will insist upon cleanliness. If cooks *knew* they could *not* keep a place without being neat and clean, we should soon see a vast improvement. It is often a careless mistress who is to blame for a careless cook; when mistresses become more exacting, cooks will become more exact.

CHAPTER XIV.

A FEW AMERICAN RECIPES.

Buckwheat Cakes (breakfast).—Take a pint of warm water, stir in enough buckwheat flour to make a stiff batter. Dissolve one quarter of a small yeast cake in a little tepid water; add this to the batter with two tablespoonfuls of treacle and a little salt. Before going to bed set this aside to rise, in an earthen pot (never in tin) during the night. The next morning add a salt-spoonful of soda dissolved in half a teacupful of warm water to the batter, then pour a spoonful on to the hot griddle to try if it bakes properly and if the batter is of the right consistency. If too thick, add a little more water, so that the cakes are about a quarter of an inch thick, and about four inches in diameter. Save about a cupful, and at night add flour and water, the same as the night before; this will do in cold weather for a sponge for about a week, setting it every

night with flour, etc., the same as at first ; after a week fresh yeast cake must be used. The griddle should be made of soapstone large enough to hold five cakes, and should be rubbed with salt ; no grease ought to be used upon it. The flour, which is of a particular kind, and must be quite fresh, can be had from those houses such as Jackson's in Piccadilly, that make a specialty of American products. See drawing for shape and kind of griddle.

Buckwheat Cakes (No. 2).—One quart of buckwheat, one teacupful of Indian meal, and some salt

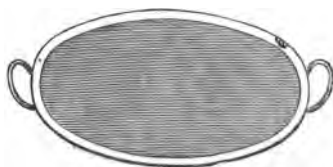


FIG. 1.

mixed with cold water enough to make a thin batter, half a teacupful of yeast, or half a yeast cake dissolved in some warm water ; let this rise over night, and follow directions as to cooking given above.

Flannel Cakes.—Two pounds of flour, four eggs, three tablespoonfuls of brewer's yeast, one quart of milk, and some salt ; let it rise over night. Bake the same as Buckwheat Cakes.

Indian Cakes.—Two pounds of Indian meal, half a pound of wheat flour, three tablespoonfuls of brewer's yeast, one quart of milk, and some salt; let it rise over night and bake same as above.

Griddle Cakes.—One quart of wheat flour, one cup of Indian meal, three eggs, enough milk to make a thin batter, two and a half teaspoonfuls of baking powder, and some salt. All cakes for the griddle should have one tried before going on to bake, to see if they are of the right consistency.

Baked Indian Pudding. (No. 1.)—Six tablespoonfuls of Indian meal scalded in a quart of milk; when cool add one pint of cold milk, six eggs, two tablespoonfuls of sugar, salt; bake *slowly* two and a half hours. To be eaten with sugar and butter.

Baked Indian Pudding. (No. 2.)—Take a large cupful of Indian meal, white or yellow, and a teacupful of treacle, and beat them well together, then add to them one quart of boiling milk, some salt and a small piece of butter. Set it aside to cool in the dish in which you wish to bake it. When it thickens, just before putting into the oven pour over it from half to a pint of milk, but *do not* stir it in, as this makes a sort of jelly on the top. Bake it two or three hours according to the oven, and eat with butter.

Boiled Indian Pudding.—Three pints of milk,

twelve heaping teaspoonfuls of Indian meal, one teacupful of molasses, two eggs; scald the meal in the milk, add the eggs when cool, one teaspoonful of ground ginger, one teaspoonful of salt, a teacupful of chopped suet, and one of raisins. Put in a bowl, tie in a bag, and boil or steam three hours,—steaming is best. Use a boiled sauce.

Corn Bread (for breakfast).—Quarter cup of sugar, one cup of milk, one cup of yellow Indian meal, two cups of flour, one teaspoonful of baking powder, two eggs well beaten, and butter size of an egg. Beat all well together and put in small round well-buttered patty pans, filling them half full; bake in a quick oven. To be eaten hot.

Graham Puffs (breakfast).—Graham flour is wheat flour unbolted, leaving it more glutinous than the



FIG. 2.

ordinary flour. One pint of buttermilk, salt, one teaspoonful of baking powder, and with the proportion of three-quarters of Graham to a quarter

of wheat flour enough to make a thin batter; pour into the irons which must be hot and buttered, and send to the table when brown, after baking ten or fifteen minutes. The pans are made of cast iron, shaped as the drawing shows.

Clam Chowder.—Put a quart of water on the fire with one pound of salt pork cut into very small pieces. Skim it as the scum rises to the surface, and let it boil slowly for an hour. Add one pint of water, three large onions chopped fine, half a dozen potatoes, and three tomatoes cut into small pieces. Let all simmer for three quarters of an hour; then, fifteen minutes before serving, add one pint of milk and one tin of American clams cut into small pieces, removing the hard part. Break into the soup six milk biscuits and serve at once.

Strawberry or Raspberry Shortcake.—Make a paste of one quart of flour, three tablespoonfuls of butter, a large cupful of sour cream, or loppered milk, (milk gone so sour as to look like curds and whey,) one egg, one tablespoonful of white sugar, one teaspoonful of baking powder, or soda dissolved in a little warm water, and a little salt. Spread this out in a shallow pan, not thicker than half an inch, and bake. When done it will be thicker, for it rises during cooking. When a little cool, split it in two and cut

it in squares of about three inches ; on one of these squares lay the fresh fruit evenly and thickly, cover with another square, and put more fruit on the top, over which spread a layer of good rich cream whipped until stiff ; eat with sugar ; finish the rest of the paste in the same way. This is very nice in the winter made with jam of almost any kind, though apricot is the nicest.

Milk Toast.—Toast evenly and to a nice brown three slices of bread, butter and cut in small squares, and place in a dish. Have ready some hot milk, salt it, and thicken with a very little corn flour, only enough to make it as thick as cream ; pour this over the toast and serve as hot as possible.

Corned Beef Hash.—One pint of chopped cold boiled potatoes, two thirds of a pint of chopped cold corned beef, fat and lean. Mix these well together, put in a frying pan with about four tablespoonfuls of stock or water, butter about the size of half an egg—or larger if the beef is very lean, and some pepper ; cook slowly, twenty minutes at least, stirring occasionally ; it must not brown.

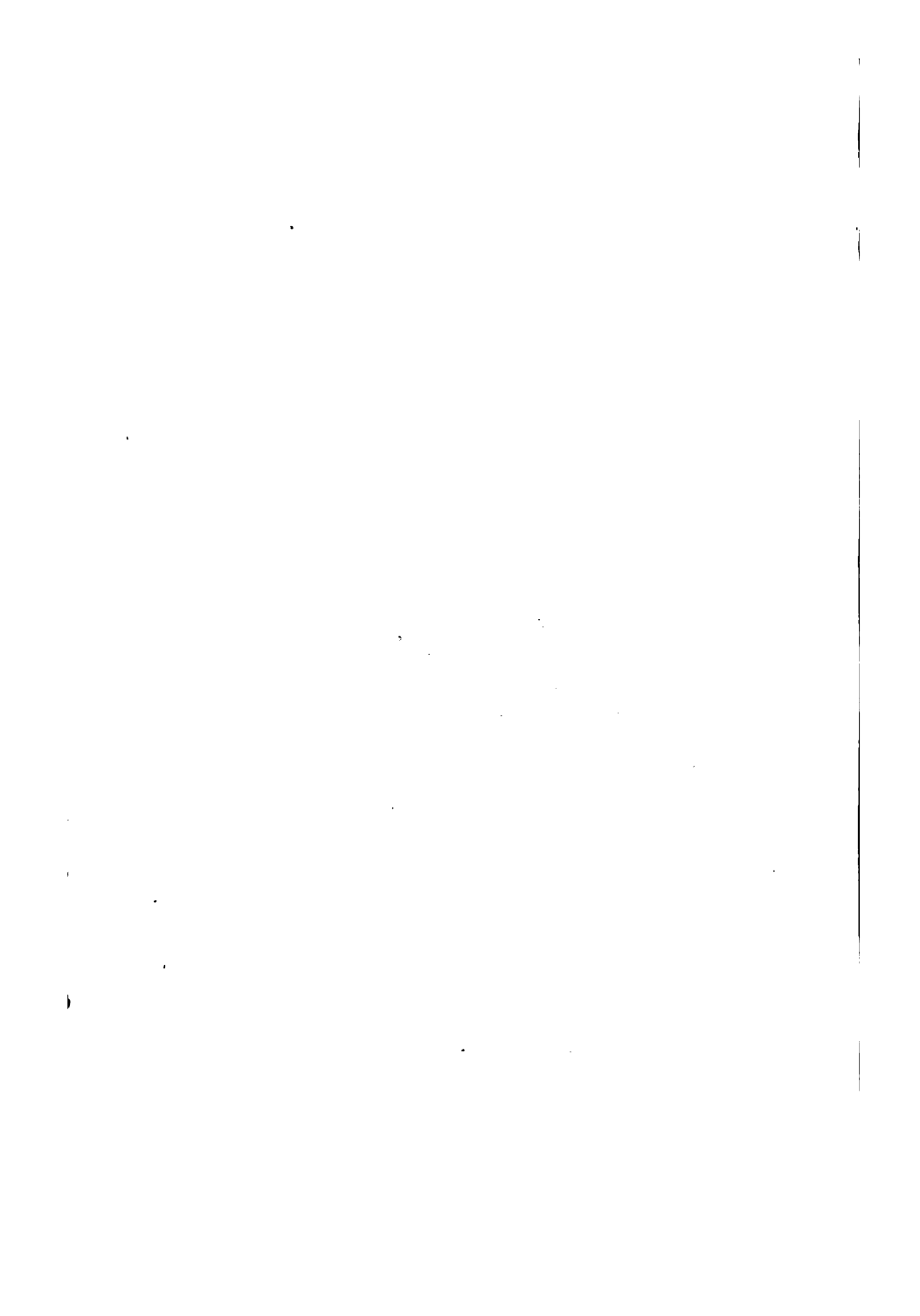
Lamb Hash.—Cut (but do not chop) in small pieces, some slices of cold mutton or lamb ; slice cold boiled potatoes until you have twice the quantity as of meat ; mix together, put in a frying pan with a little

water, a large piece of butter, pepper and salt, add the meat and potatoes and cook slowly, stirring occasionally until thoroughly heated and seasoned.

New England Muffins.—Mix three cups of flour with a teaspoonful of butter, add two cups of milk, one egg and three teaspoonfuls of baking powder. Mix well with the flour, and bake in muffin rings or small tins.

U. S. A. Stew.—Cut some cold roast beef in small pieces, put it in a stewpan with a layer of sliced onions, then a layer of sliced tomatoes, pepper and salt; cover with three pints of water, stand on the back of the fire to simmer for two hours. When ready to serve, add one tablespoonful of Worcestershire sauce.

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